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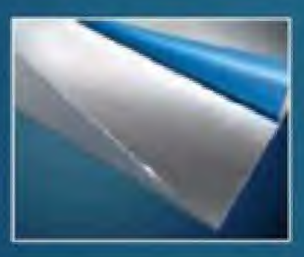
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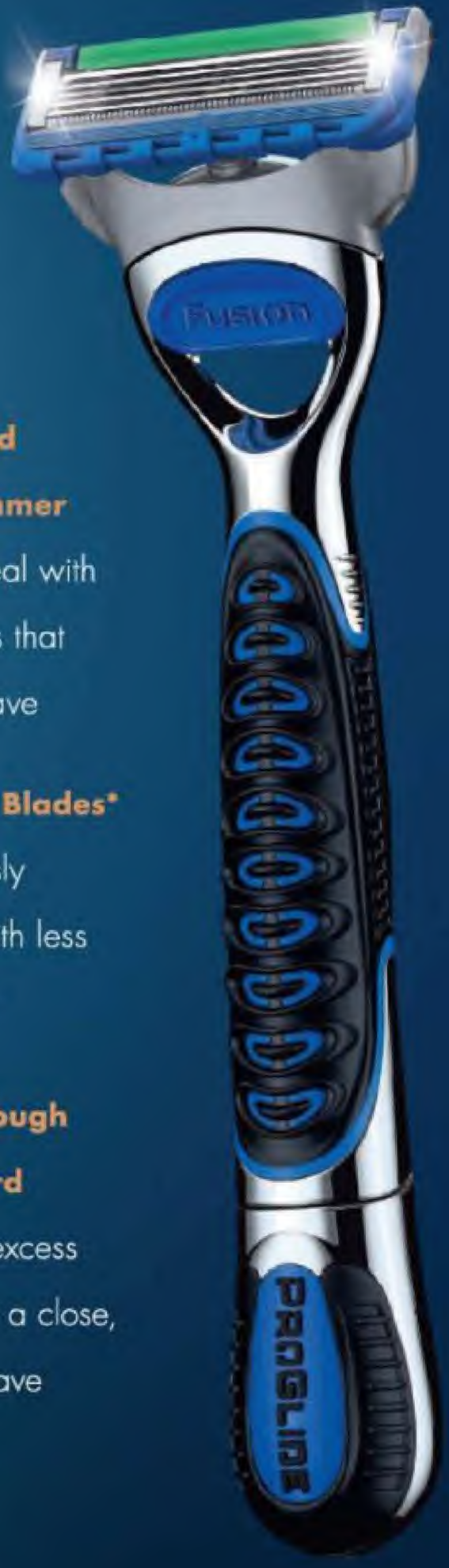


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22–28 JULY 2011

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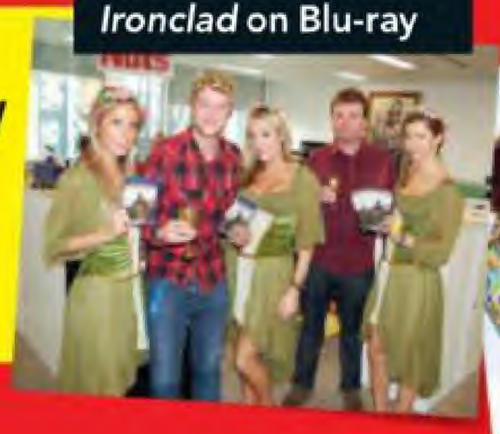


SPORT!

Amir Khan! p56

IN THE Nuts OFFICE!

Lovely ladies deliver *Ironclad* on Blu-ray



Holly Peers straddles our classic scooter!*



PHOTOS: ZOE MCCONNELL, ELLIS O'BRIEN, TOM SERGEANT, GETTY IMAGES. COVER: GETTY IMAGES, ICON INT
*MANY THANKS TO IAIN WILKINS FOR LENDING US HIS CUSTOMISED 1969 LAMBRETTA SX200

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Nuts does phone hacking!

Our journos break into *your* private handsets!



Phone hacking's been in the news a lot lately because some naughty "proper" journalists did it and are now getting their bums smacked. Here at *Nuts*, we like to think of ourselves as journalists who'll do anything for a scoop, so we decided to try our hands at hacking into some phones, too.

We tooled our boys up with meat cleavers, gave them some phones we found in a skip and put them to work at News International in Wapping, East London, home of *The Sun* and *News Of The World* (RIP). The results? Oddly underwhelming. Not only were there no messages to be found inside the phones, but the ruddy things wouldn't work any more. Must be why they didn't come out and offer our boys proper journalist jobs...

WORDS: PETE CASHMORE PHOTOS: ELLIS O'BRIEN
THANKS TO DENNYS.CO.UK FOR THE BUTCHER'S CLOBBER

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BREAKING NEWS!





Eventually, specialists were called in to cut Rebekah Brooks' hair

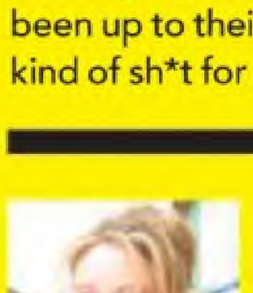
Vox-pops!



LEE, 24
Essex:
"It'd be a bit awkward if they hacked into my phone – they'd find out I desperately want my ex back, even though I'm playing it hard to get!"



VICKY, 18
South London:
"Oh God, I'd be so embarrassed! I love a really good gossip, so they'd probably just get bored of me yapping about my mates' love lives!"



KEVIN, 35
Southend:
"I don't think they'd find much skullduggery on my phone, but I'd still be pretty peeved! It's funny that the ones doing the hacking have got the chop themselves now!"



GREG, 37
Henley:
"They'd find absolutely nothing on me! I'm more p*ssed off that the government are being all high and mighty about it. They've been up to their neck in this kind of sh*t for years!"



KELLY, 28
Cheltenham:
"I don't think they'd find anything scandalous about me if they hacked into my phones. Well, they'd find a few rude messages from my boyfriend! Nothing worth prison time, though!"

John Hartson's Premier League transfer timeline!



A look inside how a Prem transfer really happens!

With Premier League stars collecting transfer requests like speeding tickets, it got us thinking, how does a player actually go about engineering his dream move?

To get an idea of what happens behind the scenes on a big transfer, we tapped up (legally) Welsh football legend and all-round top bloke, John Hartson, a player who cost more than £20million in transfer fees throughout his playing career!

The John Hartson Foundation's England vs Wales legends match will take place on 8 September at Pride Park. Tickets are available from www.dcfc.co.uk

PHOTOS: GETTY IMAGES, ACTION IMAGES, BACKPAGE IMAGES



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1 ONE MONTH BEFORE DEAL *"COME AND GET ME" PLEA ISSUED PUBLICLY*

"Once the player has decided he wants away, his agent then makes himself busy, dropping hints to newspapers and media outlets like Sky Sports News, saying his player is far from happy at his current club.

Rumours spread like wildfire and the wheels are put in motion. The correct way of doing things is for the player to request a meeting with his manager, but sometimes the gaffer is the last to know! As an ex-pro, I'd always advise a want-away star to go to his manager first. Be a man about it!"

2 THREE WEEKS BEFORE: *AGENT STARTS NEGOTIATION PROCESS*

"After it's apparent the player wants away, the agent can test the water with interested parties and clubs the player would like to join. If a team expresses an interest, the player's agent and the chief executive of the buying club will work very closely together to get the initial talks up and running. This is usually when the agent negotiates his own fee. You can bet that if Carlos Tevez leaves Man City for £40million this summer, his agent will have made sure he earns himself at least £2million for his trouble!"

Release: StoreMags & FantaMag





NEGOTIATIONS!

3 TWO WEEKS BEFORE: *PLAYER'S CONTRACT IS THRASHED OUT*

"Now talks are at an advanced stage. The agent will have sorted the player's contract, bonuses and clauses. The player has no say in this whatsoever and the agent takes complete control deciding contract length and salary. I moved four times in my career, and I never got involved with contract discussions! Contracts can take a while to sort out and can be quite complicated. At Wimbledon, for instance, Vinnie Jones had a £10,000 goal bonus in his. No wonder he always wanted to take the penalties!"

4 ONE WEEK BEFORE: *AN OFFER IS MADE*

"Once a deal with the player is in place, the buying club moves on to making an offer to the selling club. That negotiation is then dealt with exclusively between the chief executives of the two clubs, with the agent and player taking a step back. Negotiations can often drag on as both clubs haggle over an acceptable fee. Contract clauses can also play a part in slowing down the process. For example, there are often sell-on fees from previous deals that will need to be sorted out at this point. Money in football is astronomical nowadays!"





JOB DONE!

5 24 HOURS BEFORE: *THE MEDICAL*

"When a transfer fee is agreed, the player will go for a medical. He'll have his joints scanned for injuries and will go through a full physical. Amazingly, they never perform body or head MRI scans, something that could have detected my cancer ten years before I was diagnosed. Some clubs are prepared to take a bit of a chance on players with slight knocks, as happened with Andy Carroll's transfer to Liverpool. He didn't play for months afterwards, but teams usually know what they're doing. They very rarely take serious risks!"

6 DONE DEAL: *THE PRESS CONFERENCE*

"Once everything is signed, the buying club will arrange a press conference to announce the deal, with the club's press officer contacting all the newspapers and TV stations. The money for the transfer is then usually paid straight away. However, there can be deals where an initial lump sum is paid, before the remaining money is transferred in instalments over the length of the contract. As for the agent, he usually gets his payday when the player receives his first wage packet. And that's it! The player has got his big move!"

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THE BOYS!

New *Inbetweeners* movie gags!

The flick's just a spit away. Here are some tasty, teasing titters!

It hits cinemas in a month's time, so you've got four weeks to scrape eight quid together to sit in a darkened room, nosh on nachos and enjoy *The Inbetweeners Movie*.

It's a mirth-filled yarn following the blokes' "boys on tour" holiday to Malia, Crete, where they're hoping for lashings of sun, booze and girls. Sadly, that's not how it works out. The trailer hit last week – here are the gags!

The Inbetweeners Movie *is at cinemas from 19 August*



(Bully Mark Donovan gives Will a huge, painful wedgie)

Will: Old-school wedgie! Squashing the balls now!

Jay: You better bring your wellies, because it'll be knee-deep in clunge!

Mr Gilbert: Good luck with the rest of your lives. And try to not kill anyone!
Will: Slightly more upbeat than I was expecting!



VIRGIN!

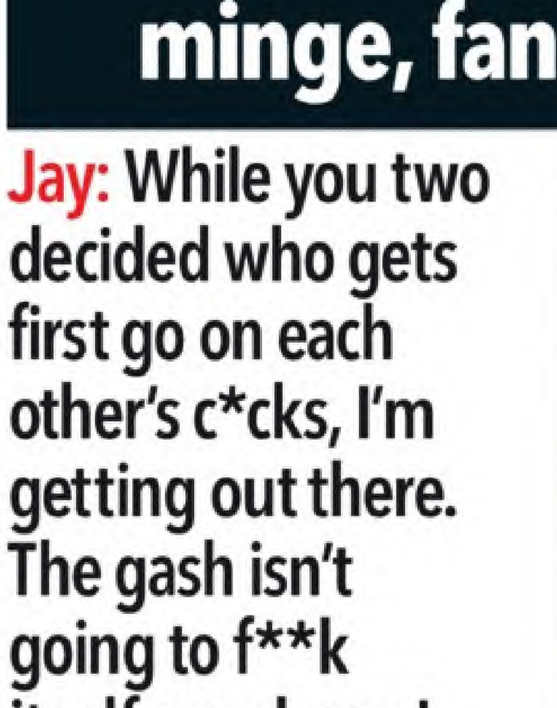
Will: I have never put my penis in a lady.
Girl: You're a virgin, that's cool!
Will: If anything, it's famously uncool.
Girl: Well, it's cute, then...
Will: Oh God, that's even worse.



MENTAL!

Jay: Now you've been dumped, we can all go on a mental holiday together. Two weeks of sun, sea, booze, minge, fanny and sex!

Jay: While you two decided who gets first go on each other's c*cks, I'm getting out there. The gash isn't going to f**k itself, you know!
Will: Charming!





Will: First stop, the Minoan Palace at Knossos!
Jay: We haven't come halfway round the world to look at some boring, f**king Greek ruins!
Neil: Yeah, you can see that sh*t anywhere!



Neil: You're well in there, mate.
Jay: Yup. He shoots! He scores! Right up the vag!

Jay: I'm on holiday! You can't be too drunk! (Cut to Jay, the following morning, waking up next to a well)
Will: Jay slept in an ants' nest!
Jay: Aargh! Pain!



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WORDS: RORY BUCKERIDGE PHOTOS: TNI PRESS

Release: StoreMags & FantaMag

Forza 4 meets To

Car game and car TV show meet for sexy times!

We all know that the best car show on television is *Top Gear*. We all know that the best car game on consoles is *Forza*. So imagine a world where they collaborated on a game! Imagine. That world. That would shine like a beacon of hope for all humanity. Well, of course, it's happened, as upcoming supercar bonanza *Forza 4* has announced not only that Jeremy Clarkson is giving his robust opinions of the cars in voyeur mode Altavista (enter your garage. Look at your cars. Drool), but they've also scanned the world-famous Dunsfold test track as a playable course in the game. The best bit? You can race it in a Kia Ce'ed, like a genuine star in a reasonably priced car. They even made us exclusive pics of that happening!

Game's out, exclusively on Xbox 360, on 14 October.





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Don't panic! There are supercars!







Release: StoreMags & FantaMag

World's steepest rollercoaster!



Japan's 70mph terror-ride!

Japan's newest and most terrifying theme park ride is already one for the record books: a whopping 141ft vertical drop, angled at a preposterous 121 degrees, makes Takabisha the world's steepest rollercoaster!

Taking pride of place at the Fuji-Q Highland Amusement Park, it boasts almost two miles of track, seven loops and accelerates up to almost 70mph!

Er, can we just have another go on the dodgems, please, mum?



WORDS: RORY BUCKERIDGE PHOTOS: GETTY IMAGES

op Gear!





Release: StoreMags & FantaMag
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Beyoncé

Shooting her new video

We spent a *long* time watching Beyoncé's video. For research purposes, obviously. With the sound muted. That helps us concentrate. On our research. We take this stuff seriously!



Danielle & Katie

Relaxing by the pool

Dani Mason and Katie Green hit the pool wearing nothing but bikini bottoms and sun cream. Well, also hair. The "Mitchell brothers with boobs" is a bad look. Even in Marbella.

RUDE NEWS

It's summer. Basically it's transfer gossip, or this!

WORDS: RORY BUCKERIDGE. PHOTOS: ANGUS YOUNG, UNLEASHEDDIGITAL.COM/HARRYP, SPLASHNEWS.COM, WENN, PLANETPHOTOS.CO.UK, BIGPICTURESPHTO.COM



Kelly Brook

On her hols, Italy

Kelly's back doing what she does best: going on holiday and standing around! Few go on holiday and stand around better than Kelly. Is there time to get this into London 2012?



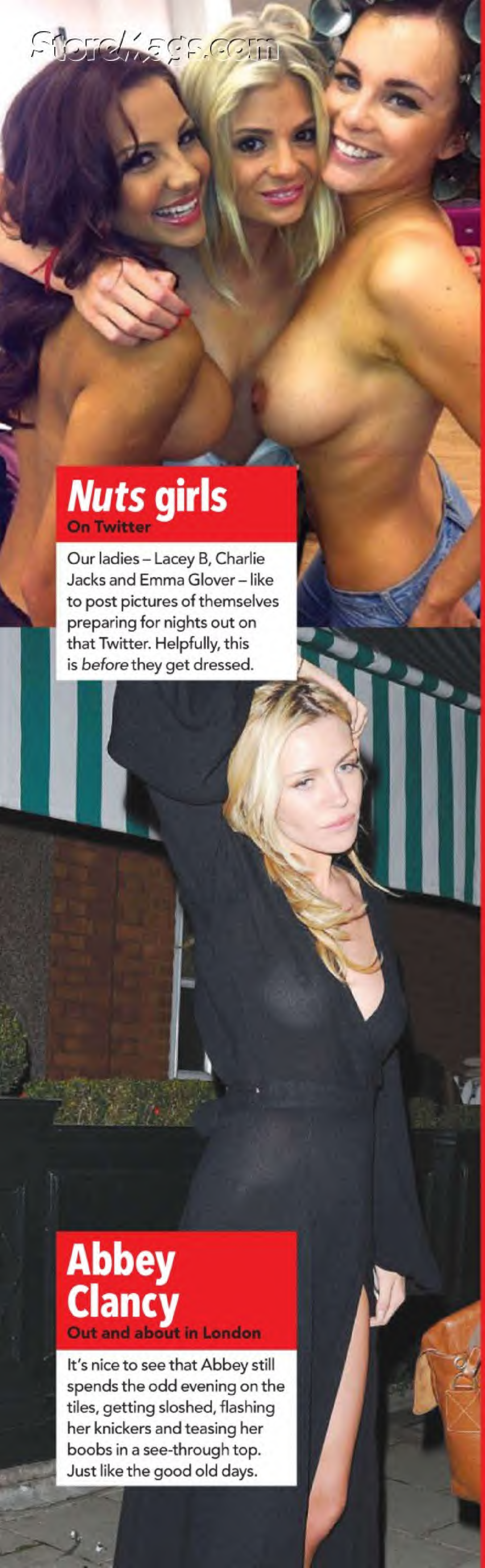
Hilary Duff

On her hols, Capri, Italy

The actress-slash-singer-slash-songwriter's spent so much time being tiny-nosed and wholesome, we didn't realise she had such a rocking figure. You feel betrayed, too, huh?

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Nuts girls

On Twitter

Our ladies – Lacey B, Charlie Jacks and Emma Glover – like to post pictures of themselves preparing for nights out on that Twitter. Helpfully, this is *before* they get dressed.

Abbey Clancy

Out and about in London

It's nice to see that Abbey still spends the odd evening on the tiles, getting sloshed, flashing her knickers and teasing her boobs in a see-through top. Just like the good old days.

NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!... NEWS FLASH!...

NEWS FLASH!... NEWS FLASH!... NEW



Nuts news flash!

Lucy Pinder on the end of Harry Potter!

"I'm a bit gutted it's all over as I'm a secret Potter geek. They're so good-looking now, I really fancy them all. Especially Emma Watson!"

World's fastest convertible!

231mph Merc would de-hair Rooney!

WORDS: JONNY SMITH

- **231mph with the top down, anyone? Renowned for its utter lunacy with horsepower and menacing styling, Mercedes' German tuner Brabus has wheeled out the fastest four-seater convertible on Earth.**
- It's named the 800 E V12, and based on Mercs' latest E-class convertible, and it doesn't take CSI geeks with shades to work out that 800 refers to the power output. That means a monstrous 788bhp.
- **The engine could produce up to 1,047lb/ft of tug, but Brabus has kept the E V12 on a tight leash. Not shabby, especially when you consider a Lambo Gallardo LP-570 supercar huffs out a paltry 398lb/ft.**
- Brabus has lubed up the E-class engine bay to cram in a 6.3-litre V12. With two turbos, obviously.
- **In true Brabus fashion, it achieves bizarre performance milestones, such as 0-62mph in 3.7 seconds and 0-186mph in 23.9 seconds. Perhaps 0-124mph in 9.9 seconds sounds more impressive?**
- Brabus always ensures its cars can comfortably crack 200mph and the E V12 isn't about to let the tradition down. Can you imagine 231mph in a car with a cloth roof? That'd pull Rooney's lovely new plugs out!
- **The hallmark debadged black bodywork has had muscular carbon-fibre pecs added to all four wings to allow the track to be wider. The 60mm flared rear wings have a matte finish and cover 10in-wide matte painted 19in wheels!**
- Stopping something that can carry four adults well over 200mph in luxury needs decent brakes: 380mm 12-piston front calipers and six-pot 360mm anchors at the rear end.
- **Quad pipes show off the stainless steel dual exhaust that sits beneath, and a bird table spoiler make it known to ambitious tailgaters.**
- This car is so silly, it has to be celebrated. And it's yours for just, um, £421,000!



"Get that thing out of my kitchen!"



"What red-wine stains, officer?"

RED LEATHER!

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0-124MPH IN 9.9 SECS!

YOURS FOR £421K!

He's a big 'un!

5.5m croc wows tourists!

There are no clever camera angles or Photoshop trickery here. This is, indeed, a 5.5m-long saltwater croc bidding tourists a hale and hearty good morning during a trip down the Adelaide River near Darwin in Australia.

The Transit van-sized croc, also strangely missing a leg (to an *even bigger* croc?) surfaces for a snack and smiles for the cameras, before sinking back into the murky depths. To work on his clapping, presumably.

WORDS: RORY BUCKERIDGE

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2

RUN FOR IT!

Silly streaker!

Mad Spaniard strips at Pamplona!

WORDS: RORY BUCKERIDGE
PHOTOS: LAURENCE JC BARON / DEMOTIX

The annual "running of the bulls" festival in Pamplona, Spain, sees white-clad berks risking a good goring by racing half-tonne bulls down cobbled streets. Not something you'd think anyone would want to streak. But streak one podgy Spaniard did. Unsurprisingly, a big bull charged straight for the interloper, hitting him square between the horns. Amazingly, he was taken away with his tackle intact. The bull, however, is still pulling pubes out of his horns and suffers traumatic flashbacks.

3

5

FLYING TACKLE!

6

7

8

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BULL'S EYE!

4

APPLAUSE!

9

CAPTURED!

10

The gymkhana took an unusual turn

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'I forgot to get a f**in' dwarf pic for Facebook!'



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Great Britton

G'day, f**kers. I'm not going to talk about *The News Of The World* and all that sh*t, as you're probably fed up of hearing about those c**ts. Instead, it seems like people are queuing up to condemn Fern Britton because she's gotten her first tattoo at the age of 53. But let's face it, a permanent tattoo on a woman of that age is only going to be visible for a couple of years. Truth be told, she's actually had the tattoo for 20 years but nobody could see it, as it was hidden under a roll of fat. Now she's lost all that weight, you can see a lovely butterfly tattoo nestling on her stomach. It was done when she was fat, and was actually originally a tattoo of a pterodactyl.

Robber nobber

Oh, you won't believe this f**kin' idiot. 21-year-old Jonathan Ochola was just found guilty of robbery in Portsmouth, after hitting a bookie's and then writing "robbery happens" in his diary. Police were shocked at his stupidity – and coming from police, that's saying a lot. Now he's safely in custody, one imagines his diary will read



"Take the picture! I need to breathe out!"

"Fern's had her tat for years – under her fat!"

something like this: "1 August: got bummed. 2 August: making myself a shiv so I won't get bummed. 3 August: sh*t, I can't find my shiv. 4 August: made a new friend who says he'll help me find my shiv if I help him – I wonder what that means. 5 August: bummed with shiv."



He took his pet stick insect everywhere

Betty's blue

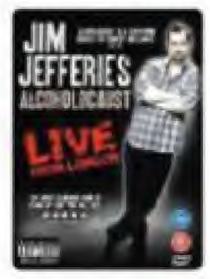
We lost the great Betty Ford this week, founder of the Betty Ford Clinic, who died at the age of 93. This is actually great news – Betty was quite possibly the most famous alcoholic/painkiller-addict who ever lived, and her rehab clinics are renowned throughout the world, so don't let anybody tell you that drink or drugs are bad for you! Unless you want to live to 94, I suppose.

A Little tribute

I'm not going to take the p*ss here because it was for charity, but I just did a f**kin' great gig for a room full of midgets and dwarfs, America's Little People's Assocation. It was a really interesting event – I just wish I'd remembered to get a f**kin' picture for Facebook!

New arrivals

Speaking of little people, I'd like to congratulate David and Victoria Beckham on the birth of their daughter. The little lady came in at seven pounds and ten ounces – and then, once she'd had the baby, Victoria was back to her usual weight of ten ounces.



Jim Jefferies: Alcoholocaust Live *is out now on DVD*

PHOTOS: ALPHAPRESS.COM, REX

Release: StoreMags & FantaMag

DON'T LOOK!

Pictures for the stronger stomach!

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'The bone went through the skin!'

Martial-arts mishap breaks big toe in half!



"And they said working at the Clarks' shop would be dull!"

He regretted trying Extreme Tap Dancing

We've seen some toe-curling incidents here at *Nuts*, but this shocker from reader Matt Harp takes the severed digit!

The 19-year-old lifeguard from Pinner was doing a spot of Mixed Martial Arts when things got a bit full-on! "The lad I was fighting went to pick me up, so I stuck my foot out to stop him," says Matt. "It felt like he'd trodden on it at first, but then I looked down and realised I'd bent my toe off!"

"It turned out to be just a dislocation, but the bone went right through the skin! Amazingly, it didn't hurt that much and there was hardly any blood, which is just as well, because it took me 90 minutes to get to a hospital!"

MMA-mad Matt didn't let the dislocation spoil his fun, and was back to fighting just four months after the injury!



"I bet my top I'd avoid getting hurt..."

WORDS: SI CUNNINGHAM *EDITOR'S DECISION IS FINAL. TERMS AND CONDITIONS ON PAGE 72 APPLY

Win £1,000!

Think you can do better? Here's your chance. The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to **dontlook@ipcmedia.com**

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FloridaAge.com

Nuts GEAR

LaCie Porsche hard drives

www.lacie.com/uk

Nuts says: These aluminium-clad lovelies are desktop (1TB, £110) and portable (500GB, £89.90).

£110

£90

Mio Navman V575 TV

www.mio.com

Nuts says: Widescreen 4.7in satnav that has TV playback and a Freeview tuner built in.

The C5s are made of high-grade aluminium and tungsten

£150

B&W C5 headphones

www.bowers-wilkins.co.uk

Nuts says: Noise-cancelling, in-ear premium pluggers with a "Secure Loop" to keep them in place.

The docks rotate through 90 degrees for movie playback

£250

JVC UX-VJ5 stereo

www.jvc.co.uk

Nuts says: This has docks for your iPod, iPhone and iPad, behind which lurks a CD player and radio. Swish.

WORDS: RORY BUCKERIDGE

Check out more reviews at www.nuts.co.uk/reviews

YOUR LETTE

This week's hilarity from our readers!

Send your Letters to **nutsletters**

Bog standard!

Dear Nuts,
As you can see, I will literally do anything to alleviate the boredom of work.

Loz Groves, Portsmouth

This is how we greet all our new staff members, Loz.



A grand effort

Dear Nuts,
These are the boys in the gym at ISAF HQ in Kabul, where eight soldiers covered 1,000 miles in 24 hours to raise cash for the Army Benevolent Fund and local charities. To find out more and make a donation, visit justgiving.com/kabul1000

LCpl Damien Smart, Kabul, Afghanistan

Come on, Team *Nuts*, support this worthy cause!

LETTER OF THE WEEK!



Kicking a man while he's down!

Dear Nuts,
This is a bit mean about the tramp in question, isn't it?

Dave, via text

We totally agree, Dave. It's alright to think it, but there's no need to put a sign up!

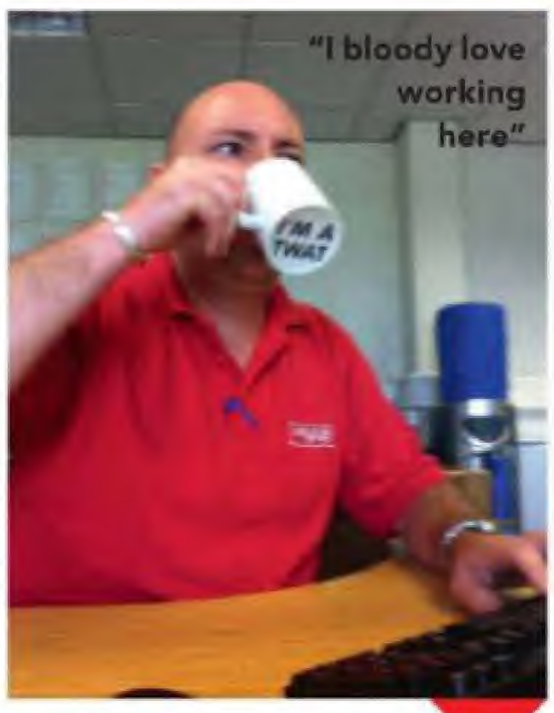


Layer down!

Dear Nuts,
This photo was taken on the first floor reception of the five star hotel where some of *Layer Cake* was filmed! My sexy girlfriend was feeling brave after half a glass of wine, so she stripped off and posed on this appropriate piece of artwork!

Joe, London

Our kind of lady, adorning our kind of sign!



What a mug!

Dear Nuts,
This is my mate Paul who, as you may be able to figure out, isn't the most popular man at work!

Phil, Southampton

Where did you get that? It's our Editor's birthday soon and... [Clear out your desk! – Ed]



STEALTH BUMMING CORNER!



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RS!

@ipcmedia.com or to the address on p72



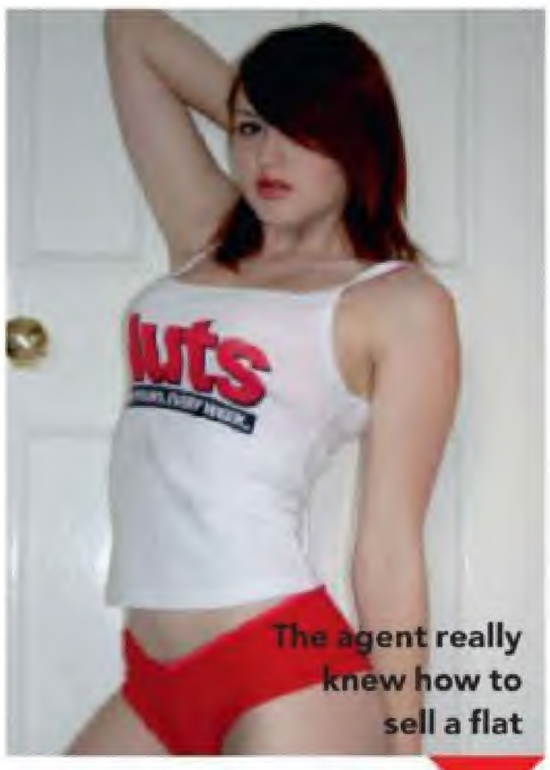
"Er, Boots mixed up my holiday snaps with someone else's. Honest"

Busted!

Dear Nuts,
This is the result of my hacking a colleague's computer at work when he forgot to log out. Priceless, I think you'll agree!

Tom Warrilow, via email

Could this be the next *Nuts* trend? We hope so!



The agent really knew how to sell a flat

We're fonda Fawna

Dear Nuts,
Here I am in my brand spanking new *Nuts* vest! I love it!

Fawna Latrisch, Wolverhampton

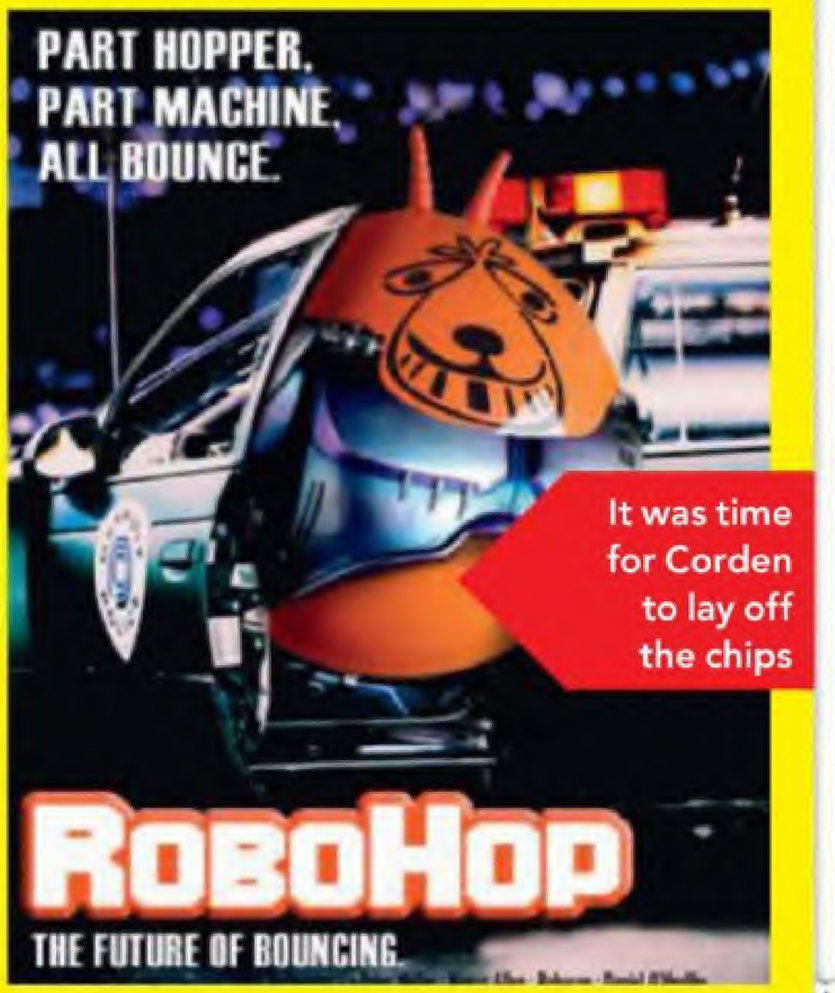
Yet another reason why we're glad we make 'em!

Nuts SPAMBANK!

All-new online hilarity



Parlour was beginning to show his age



It was time for Corden to lay off the chips

Win Durex stuff!

Send your letters, hilarious spam pictures and camera-phone cutie shots to: **nutsletters@ipcmedia.com** or post them to the address on page 72. The sender of this week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various other items to keep both yourself and your missus happy.
Visit **www.durex.co.uk** for more information.

ONLY IN Nuts!

CAMERAPHONE CUTIES!

Sexy snap-happy babes!

Send us your pics! Text 'Nuts' and your sexy camera-phone pic to **0771 388 8008***



"Christmas has come early, boys!" **Fran, York**

"How does my top take the strain?" **Laura, Stockton-on-Tees**

"My, myself and my tattoos!" **Sammi, Warminster**

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YOUR JOKES

Bursting with all the best gags, every week!

Send your jokes to **nutsjokes@ipcme**

SHORT JOKES!

My girlfriend's left me because of my fetish for touching pasta. I'm feeling cannelloni right now!
Wesley, via email

iPad users – stick a photograph of your face on the back of your iPad so your friends and family don't forget what you look like!
Ted, Welwyn

Q: What do you call a cow with no legs? A: Ground beef!
Pa ul Dunn, via email

My girlfriend moved out due to my OCD. I said, "Yeah? Well, open and close the door five times on your way out!"
Harrison, via email



JOKE OF THE WEEK!

Cheesed off!

Two women are sitting in a bar having a drink and complaining about the blokes in their lives.

"Men are such perverts!" the first one says.

"You're telling me!" her friend agrees. "The other day a guy came up to me and told me I was so hot he wanted to melt cheddar all over me"

"What did you say?" asks her friend.

"I told him I'd had it with cheesy lines!"

Patrick Walker, via email

Cashpoint Charlie

A bloke's walking out of a bank when he spots another man pushing an old lady over at a cash machine. Thinking the old dear's being mugged, he immediately rushes over to confront her attacker, who looks confused by all the fuss.

"What the hell are you playing at?" says the have-a-go hero.

The puzzled man responds, "The lady said she was having difficulty seeing and wanted me to check her balance. How else would I do it?"

Sam Rampton, via email

Take a brake

Two blokes walk into a pub and spot another man at the other end of the bar happily drinking a pint of brake fluid.

One chap says to the other, "Oh, that's old Tommy over there. Apparently, he got fired from Kwik-Fit because he couldn't shake his brake fluid addiction."

The other guy chips in, "That's got to be rubbish! I bet he can stop any time he wants!"

Gareth Jack, Beeston


"Gah, missed my mouth again!"

Job's a good 'un

A lad returns from his final year at university and decides to call in at his local for a few pints with some of his old mates. After a while,

Fool's gold

Cash4Gold are just rubbish! I sent them my Spandau Ballet 12in vinyl and they didn't give me a penny for it!

John Williams, via email


Least threatening muggers in history

Win a 16GB iPad 2!

This week's best joke* will win a brilliant 16GB iPad 2, courtesy of Nicorette® QuickMist Mouthspray, the first ever mouth spray to help you quit smoking. It gets to work on cigarette cravings in just 60 seconds and is proven to double your chances of successfully quitting compared to willpower alone. A stop-smoking aid.

Contains nicotine. Requires willpower. Always read the label.



S!



dia.com or to the address on p72



one of his pals asks, "What's the plan now?"

The graduate, who's always been a bit slow off the mark, responds with great enthusiasm, "I'm going to move to Seoul next week!"

Surprised, his other mate asks, "Why would you want to do that?"

The hapless lad thinks for a minute and says, "I got told it would be a good Korea move!"

Tom Jones, Scarborough

Shock doc

After he's been feeling under the weather for some time, a bloke decides to visit his doctor for a complete check-up.

A couple of hours after a thorough examination, the doctor returns with the results and says, "I'm afraid I have some very bad news for you. You're dying and you don't have much time left."

"Oh, that's absolutely terrible!" says the man. "How long have I got?"

"Ten," the doctor says matter-of-factly.

"Ten?" the man asks, concerned. "Ten what? Months? Weeks? What?"

But then the doctor interrupts, "Nine..."

Barry, Exeter

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FAMOUS BLOKES' JOKES!



JIMMY CARR:
"Buzz Aldrin is getting divorced for the third time. Apparently, his wife is over the moon!"

STEWART FRANCIS:
"At first, I didn't believe my father stole from his job as a lollipop man, but the signs were there!"



JUSTIN MOORHOUSE:
"Many conversations that I initiate begin with, 'I saw this thing on Twitter.' In 1985, it used to be, 'I saw this thing on Ceefax!'"



TIM VINE:
"A lorry full of tortoises collided with a van full of terrapins. It was a turtle disaster!"

SEAN LOCK:
"Apparently, every ten seconds there's a woman giving birth... surely she must be found and stopped!"





JACK DEE:
"Thousands of Jaffa Cakes are losing their orange centre every day. Found that out on Bikileaks!"

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POP OUT IN PUBLIC!

ONLY IN Nuts!

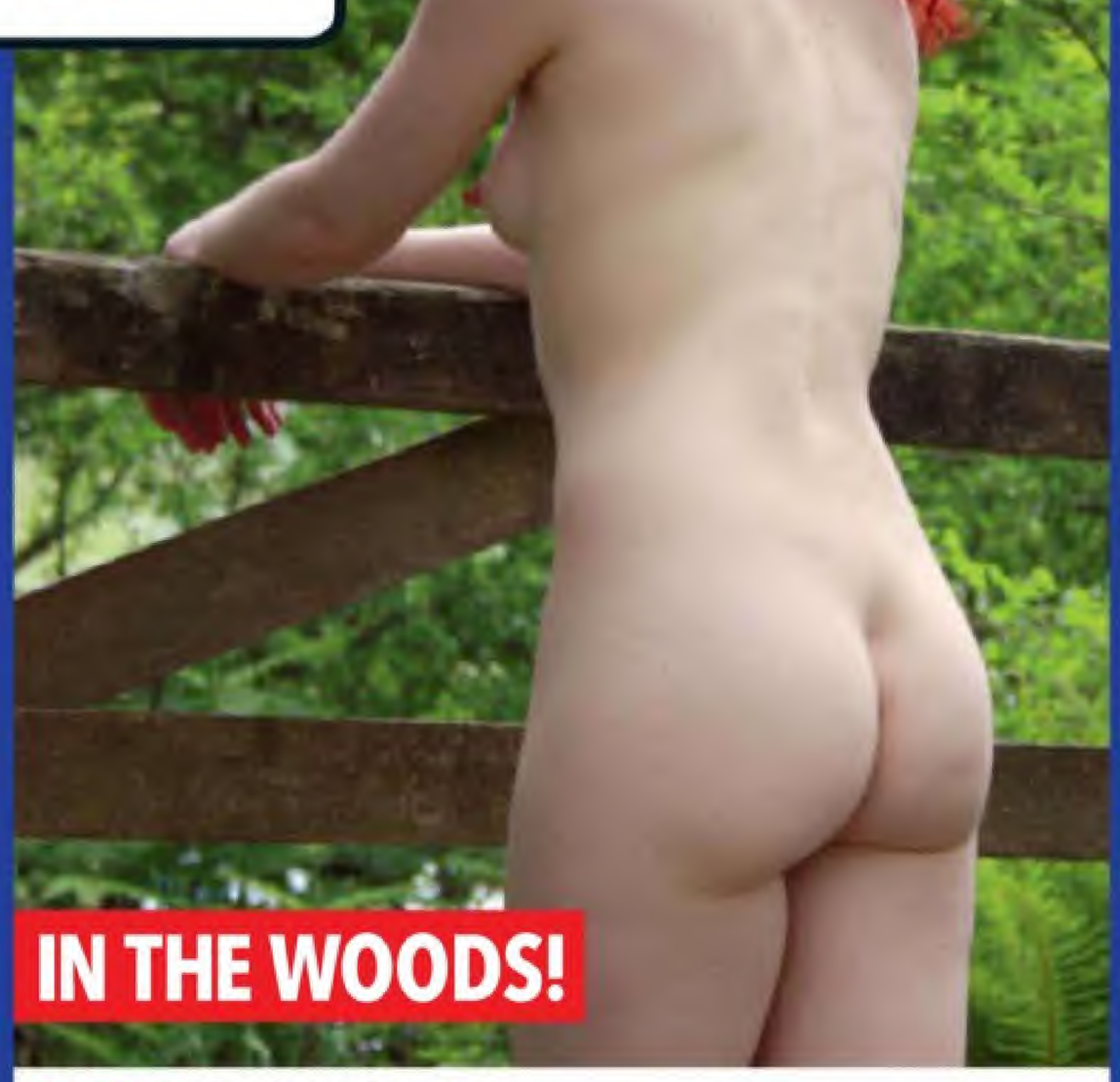
Have a cheeky flash – and earn some cash!

Email your pictures to **nutspopout@ipcmedia.com**



IN AN AQUARIUM!

KAT *20, from Manchester*
"A little treat for the local fishies!"



IN THE WOODS!

RAFFAEL *25, from Cornwall*
"Not so much popping out as losing the whole lot!"

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BY A LAKE!

SKY *20, from Saltash*
"Are you admiring the nice scenery?"



Win £100!

All printed pics get a *Nuts* vest-and-shorts combo. The winner gets £100!* Send your snaps to **nutspopout@ipcmedia.com** or by text to **0771 388 8008**.

IN A BUSH!

SAMANTHA-JANE *20, from South Wales*
"The camouflage doesn't work as well when I do this!"

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CAMERA PHONE COMEDY!

ONLY IN Nuts!

Win £100!

Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** Terms & conditions on page 72.

Seen something daft? Snap it, send it in and win £100!



SILLY SOUP!

"Well, the first deal looks pretty dodgy, if you ask me!" **Jonny, Tibshelf**



KAP-OW!

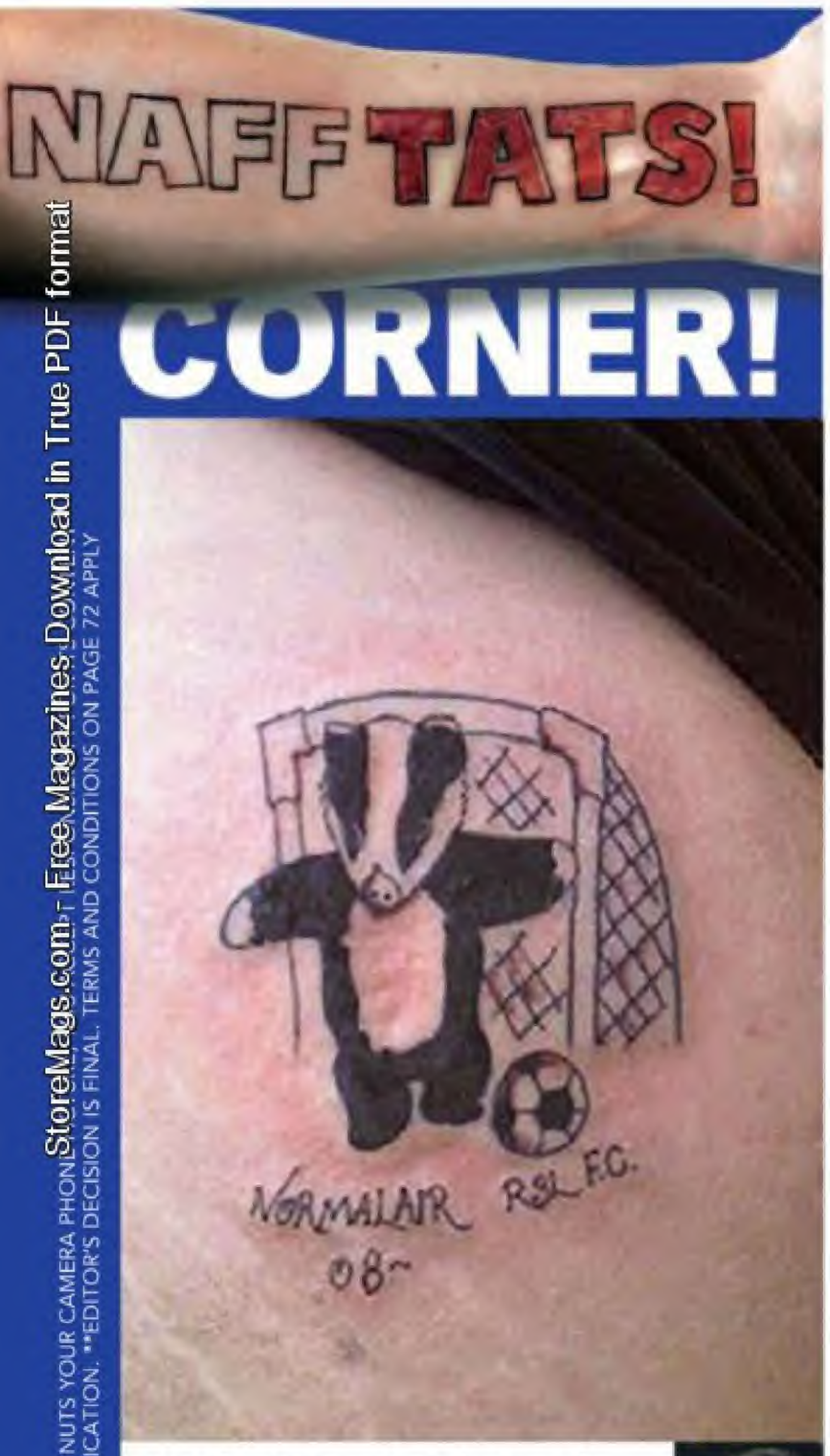
"I injured my toe and the resultant bruising looked like Batman!" **Anon, via text**



PIC OF THE WEEK!

PLANKER!

"Don't ask how I got up there, just acknowledge it looks cool!" **Paul, via text**



"My footy team's nicknamed 'The Badgers' and I play in goal for them!" **Tom Sims, Yeovil**





NOTABLE!

"I found this at work! It's one way of remembering the basics." **Leon, via text**



DUFF DEAL!

"Sainsbury's, all I can say is thank you very much indeed!" **Anon, via text**



WRAP NAP!

"Our mate dozed off at the weekend – so we clingfilmed the berk!" **Matti, Bradford**

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NUTS PROMOTION

Nuts GAMBLING MASTERCLASS!

We poured this advice into a *Nuts* man's head and sent him online to try to win!





Deal or No Deal top tips!

Deal or No Deal is a game enjoyed just by those who believe in a "system", right? Well, the TV game show might be, but the multi-line slot isn't!

For as little as 5p a go, you can win big – and if you're willing to play on all lines, you could win a progressive jackpot. In fact, one winner walked off with £1.96m!

And best of all? You can win big money in the comfort of your own home!

HOW TO PLAY

- **The aim is to get winning symbol combinations from a spin of the reels, with the ultimate aim being to win the progressive jackpot.**
- You can gamble up to 20p on each of the 20 pay lines. That's up to 20 chances to win on each play!
- **The progressive jackpot can only be won on the Deal or No Deal bonus game, but there are also two other fun bonus games called Banker's Offer and Mystery Box Bonus, where you can win cash.**

THE NUMBER LINES

It's all self-explanatory – click the number beside the reels, or the "Bet One" or "Bet Max" button. Choose Bet Max for the chance to play the bonus game and win the biggest jackpots!

BONUS GAME

If you're betting on all 20 pay lines and you get three Deal or No Deal bonus symbols on any pay line, the bonus game begins. This is much like the Deal Or No Deal TV show, only the big progressive jackpot is at stake here. Don't be too greedy or, like us, you could end up with £8 instead of £100!

Win up to £10,000!

MORE GAMES!

Play Deal or No Deal Scratch cards



GET UP TO **£200 FREE PLAY*** ON DEAL OR NO DEAL!
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**WINNER IMAGE POSED BY MODEL

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THE TRUTH ABOUT SEX WITH... ROSIE JONES

Nuts girls solve your bedroom bother!

Email questions to **thetruth_sex@ipcmedia.com**



Surely I'm hurting her?

My girlfriend moans when we have sex, saying it hurts her even when I go slowly. But she tells me to keep going anyway. How can this be right?

Paul, Loughborough

If I were you, I'd take it as a compliment, because it sounds to me like you must be on the large side, Paul! Don't worry – when it comes to sex, there's a good kind of "hurt" for ladies, and if she tells you to keep going, then the pain can't be that bad!

Why does she need a toy?

A girl I've started seeing says she only gets an orgasm if she uses a vibrator, too. I've never heard of this – is she making it up to spare my feelings?

Greg, Burnley

You don't have to worry, this is actually quite common. Loads of women have their own methods to achieve orgasm so just try to help her out and know that it'll be reciprocated!

I know nothing!

I hang out in a large group and we always end up talking about sex. There's a girl I really like in the group – how can I hide the fact that I am inexperienced?

Gav, Brondesbury

Ah, that's so sweet. Are you a virgin? Don't be ashamed if so – she might find it cute, so be honest with her. Don't go blurting it out to everyone; if you confide in her then I think she'll admire your honesty.

It's nice – then it's too painful!

When I'm with my girlfriend and she gives me oral sex, after I "pop off", I suddenly become so sensitive that it's quite painful. Should I be worried?

Tony, Perth

I'm not a doctor – or a man! – but male friends tell me that right after ejaculation, their little chap is very sensitive. Best to give it a few moments to stop tingling!

Nuts BABES' SEX TIPS!

No.46: "I like blindfolding. Your other senses are heightened so your lady will feel more intense pleasure!"
Sabine





NEXT TIME: LUCY PINDER ANSWERS YOUR LETTERS!



PHOTOS: ZOE MCCONNELL

StoreMags.com

ARIANNY CELESTE

ARIANNY CELESTE!

Nuts meets the pretty face of UFC!

Hello Arianny! So how did you become an Octagon girl? Did you just hang around the UFC looking sexy? Well, I started modelling when I was 16, and I happened to go to a casting for a ring card girl. I didn't even know what it was at first, and had no idea what I was getting myself into. I was just trying to pay my way through college! But basically, what they wanted was a hot athletic girl! ➡



OCTAGON GIRL!

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ARIANNY CELESTE

You're notoriously feisty. Have you always been that way or does it come with the job? I'm actually a shy person, so it was hard! I was very nervous during the first show, but thankfully, they asked me to stay.

So what sort of bloke do you go for? I love it when guys are really confident! But I'm not talking about being cocky – I don't like that at all. When a guy always has to be the centre of attention. It makes me wonder what he's compensating for! The silent killer types, you know? That's what I like!

What about looks – muscular or scrawny? People always ask me if my boyfriend has to have a six-pack, but I'm around that all the time with the fighters! A six-pack's fine, but I don't really care about physical appearance. I like computer nerds and a guy who can make me laugh!

How do you manage to stay so buff yourself? I don't like to take crazy, unnatural supplements. If you're craving something, eat it. Otherwise, you're going to eat something else that won't satisfy you, and eventually you'll eat what you craved anyway. Just don't overdo it!

Do you ever get involved with the fighting? I have kickboxing and Muay Thai training now, and I've done gymnastics for years and years. I'm pretty flexible, so I can do all kinds of things. I'm double-jointed. I can do some pretty wacky stuff!

Does that mean you could batter us? I often train with guys, and I've definitely slapped a couple around in my time!

Have you ever had to fight off any creepy fans? Most of the fans I meet are really nice, but every now and then you'll get one who'll put their arms around you and make you really uncomfortable. I'll ask them to politely move it, but if they don't, I'll slap them. I can definitely be feisty when I need to be!

Would you ever consider fighting for real? More power to the girls who go in there, but I just feel women should be feminine! The thought of getting hit in the face doesn't really appeal to me, to be honest! ■

"I'M PRETTY FLEXIBLE – I CAN DO ALL KINDS OF THINGS!"

StoredMags.com

PHOTOS: STEVE SHAW/ICON INTERNATIONAL

StarMags.com

Nuts AT T4 ON THE BEACH!

We go behind the scenes at the top beach party!

MAD FANS!

∧ SUGABABES

Hi Sugababes! What do you like best about the summer?
Jade: Blue skies.
Amele: And not having to wear a jumper any more!
If you were a flavour of ice cream, what would you be?
Jade: Strawberry.
Amele: Chocolate.
Heidi: Vanilla!

HARD-FI!

∧ HARD-FI

Hi Hard-Fi! What's been your biggest festival nightmare?
Reading festival. There was a hurricane. There was carnage.
If you could be stranded on a desert Island with anyone, who would you choose?
A girl would be great, no question, but Bear Grylls would get you out of there!

RIZZLE KICKS >

Hi Rizzle Kicks! What's the best thing about being beside the seaside?
Harley: My Nan lives just down the road from here!
Jordan: Girls in bikinis!
Who are you most looking forward to seeing?
Harley: Cher Lloyd.
Jordan: What? He's joking!

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<CHIPMUNK

Hi Chipmunk! What's the best thing about T4 On The Beach? Getting the chance to see everyone play!

Who's the best person you've seen then? Honestly? I haven't had the chance to see anyone! I rushed in from the car and now I'm talking to you before I go on stage!

Where's the strangest place you've ever been on holiday? The last place I went – Beirut!

If you could be stranded on a desert island with anyone, who would you chose? I'd go with Frankie from the Saturdays. She's hot!



< YASMIN

Hi Yasmin! Who'd come to your ideal beach party? Bob Marley and Beyoncé, so we could jam on the beach. The crew of *Jackass* would also be a good laugh!

If you could be any ice cream flavour, what would you be? Mint choc chip. It's the best!



FAR EAST MOVEMENT>

Hello Far East Movement! What's the craziest thing you've got up to so far this summer? We were at a house party, and there was a pool there. We filled it with mud and had a crazy time!

Sounds disgusting! What's the best thing about playing a gig on a beach? Playing by the sea. But a sea of people is better than a sea of water. They were pretty wild!

RUSSELL KANE>

Hi Russell! How's your day going so far? I wish I'd worn some more deodorant. It's absolutely boiling here!

What's the best thing about T4 On The Beach? Hanging on to people more famous than me. You go to the toilet, then JLS walk in and you have a panic attack by the urinal! I also saw Gok Wan put beetroot in his burger.



< JASON DERULO

Hi Jason! Are you having a good time at T4 On The Beach today? Yeah! The sun's out, the girls look hot… it was a really amazing show!

What's the worst thing that's happened to you at a gig? I was at Wembley and I was trying to take my jacket off – it wouldn't come off!

That doesn't sound too awful. Will you be trying to take Alexis Jordan off for a Nando's after all this? I don't know who that is!

How about the Sugababes? What sort of girls do you like, Jason? If I take a woman out to dinner and she says thank you, that really turns me on!■

INTERVIEWS: RICH PELLEY PHOTOS: ELLIS O'BRIEN

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NUTS INTERVIEW

BRIT BOXING SPECIAL 1!

TYSON FURY!

The heavyweight on golf, David Haye and his enormous feet!

Hi Tyson! You're a big lad. How did you get that way – did you eat loads of vegetables when you were a kid? Ha-ha! Yeah, I've always been tall, really. I was always the biggest in the class. When I was 15, I was 6ft 6 and now I'm 6ft 9, so I've always been massive!

Blimey! How big are your feet? Thirteen, but it's not a problem finding shoes that fit, luckily.

You're a big golf fan. Isn't that a bit weird for a boxer? It's a funny game but it's very relaxing and takes my mind off training, so I love it. I'm alright but I'm no Tiger Woods! My form goes up and down but I'm getting better. My handicap's ten.

Do you think you'll get a shot at Haye if he doesn't retire? I don't know what his plans are but if I beat Dereck Chisora in my next fight, me against David Haye would be a big domestic showdown. It'd be a shame if he retires without me getting to fight him first!

What are your thoughts on him? I'm not a fan at all – he's an arrogant so-and-so. He loves himself and he thinks he's God's gift for some reason. The Fury will take him out!

Who's the most over-rated fighter in your opinion? David Haye, by an absolute mile! He's fought a couple of old, fat heavyweights who are ten years out of date! He goes round thinking he's a killer, but when he comes across someone who can fight, he gets chinned!

You were in the crowd at the recent James DeGale vs George Groves fight and got thrown out! What happened? There was a bit of a ruckus between me and Chisora – shirts were off and everything! I challenged him to a fight and a few days later, the bout was signed, so it was good. I went over to him and asked him why he was avoiding me and he said

INTERVIEW: NICK WATKINS PHOTOS: MARTIN MCNEIL



"Blimey – look at number 17!"



"Yes, I promise I'm just using the putter"



He'd finally passed his driving test



He'd nicked his stash of Quavers again



He wished he hadn't swallowed his last golf ball



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He struggled to control his bouts of fairway rage

there wasn't enough money on the table to fight me. I told him, "I don't fight for money, I fight for honour." So, I told him to have a fight with me there and then because I was going to knock him spark out. I wanted to fight him there and then if it wasn't going to happen in a ring, so then he ran away!

You're a heavyweight. Does that mean you just eat as much food as you want? No! I've got to be very disciplined with stuff like that, which can be very hard! I love my food and it's just one of those things where you can't just eat whatever you like. I like quite a lot of junk food and that's all off limits when I'm training because it's no good for you really. Sometimes I'll treat myself to some of it during my training but I'm not supposed to!

Are people ever stupid enough to offer you outside? Sometimes, but I always ignore it. I've never had a scrap when I've been out with friends.

Are you a UFC fan? I don't mind watching it but I don't think I'd be very good at it, to be honest. I'm no good at the grappling stuff they do on the floor. I'd be good at the striking and catching them on the way in, but if they got me on the floor it'd be all over. I'm too long for it, anyway! They'd probably just take my legs from under me and rip me to the floor!

Anyway, did you watch *Big Fat Gypsy Weddings*? How hard are those lads? I watched one episode, yeah, but to be honest, I thought it was bullsh*t! I wasn't interested in it. There's a lot of different types of travellers though – different classes. I don't really carry on like others do – I'm just a normal person. Those guys are tough, don't get me wrong. It's crazy how hard some of them are!

Thanks for the chat, Tyson! Finally, do you think you could take on a bear and win? Ha-ha! It'd probably be a harder fight than Dereck Chisora! ■

The fight between Dereck Chisora and Tyson Fury for the British and Commonwealth heavyweight title is live on Channel 5 on Saturday 23 July.



"I find they add extra punch to my shots!"



It was a pretty rubbish picket line



"Argh! I've gone and put my back out!"

What's he really like?



What did he score on this round of golf? He cheated on his scorecard but it was more than the par 74!

Number of balls lost? Loads!

Can he tee off wearing boxing gloves? No. The ball flew into the bushes!

Number of times Tyson's phone went off during the interview? Once. He paused the interview to answer it.

Favourite drink? Amaretto.

Favourite TV show? *Corrie*!

What's on his iPod? Hip-hop, dance, reggae and house. No Kylie or Gareth Gates!

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KIDNAPPED BY SOMALI PIRATES



FULLY ARMED!

Pirates armed with machine guns wear ammo belts around their neck, *Rambo*-style

KIDNAPPED BY SOMALI

In 2008, journalist Colin Freeman found himself kidnapped and fought o

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Brit journalist Colin Freeman and photographer José Cendon were kidnapped

SNATCHED!



In lawless Somalia, pirates go about their nefarious business in broad daylight

In a lawless region of Somalia, a British journalist and his photographer are relieved to be driving back to the safety of the airport after investigating a spate of brutal pirate attacks. But suddenly there's commotion up ahead – the convoy grinds to a halt, guns are being brandished and the pair are frogmarched into a waiting truck before they even know what's happening. They are now hostages of the self-same and deadly pirates.

The journalist is Colin Freeman, who describes his remarkable encounter to *Nuts*: "The kidnapping itself had been unlucky on our part," Colin recalls. "We were based in northern Somalia. The dangerous nature of the region means you have no choice but to hire protection while you're out there, but these are effectively people you hire off the streets. They're not people who would lay their lives down for you. You're basically paying people not to kidnap you!"

And it was these very same "protectors" who turned on Colin, then 38, and his photographer, José, and led them into even greater danger.

After their gunpoint capture, the pair were held in remote caves that were dark, damp and squalid, but eventually, like many kidnap victims, they began to build up an unlikely rapport with their captors.

Colin recalls the first couple of weeks there. "They were friendly. On the third or fourth day, one of our captors said, 'Where are you from?' I told him I was English and his face lit up! 'Thierry Henry!' he said. I said, 'Oh yes, Thierry Henry, Arsenal!' His face went stone cold. I thought I'd said something offensive to him, but my colleague pointed

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Rival pirate gangs often fight for "ownership" of hostages




Deadly firefights break out often


GUN BATTLE!


Pirates travel in heavily armed gangs

NO MERCY!






The Kalashnikov assault rifle is a popular choice of weapon

LI PIRATES!

over by lethal rival gangs...

out that Henry had gone to Barcelona at this stage! These guys knew more about the Premier League than me!"

LUCKY ESCAPE

But the light atmosphere was shattered by the unexpected events of one scorching afternoon. "Throughout our time being held captive, visitors would come by the cave. They would stare at José and me like a pair of zoo exhibits. One day a couple of men came by, but as they got up to leave, voices were suddenly raised."

In the confusion, Colin and José had no idea that they were the ones at the centre of the argument and that the two men were from a rival pirate gang – and had turned up ostensibly to take them. Things rapidly turned very nasty.

"A shot rang out, which was deafening. Someone, I couldn't tell who, had pulled a pistol and fired into the roof. José and I cowered on the floor as the pair were chased out of the cave at gunpoint. Other guards came running in. The bullet had hit the ceiling just above where we were sitting and ricocheted, carving white bite-marks in the rock," explains Colin.

Outside the cave, the fight was heating up. "There was more shouting," recalls Colin. "Another shot rang out, echoing round the valley, followed by what sounded like return fire. The gang were grabbing their Kalashnikovs and rushing outside, leaving just a few to guard us. We were ushered over to a bundle of boulders just to the left of the cave's entrance. The pirate grabbed one of the belt-fed machine guns, the bullets coiled round his neck, Rambo-style. On a clifftop overlooking us, we could see the outline of a man with a gun. He fired a shot in

"THE PIRATE PULLED A PISTOL AND FIRED..."

our direction, kicking up dust right next to the mat where we'd been sat just seconds earlier."

TERRIFIED

The terrified hostages, having narrowly avoided death, were then forced to seek refuge in their rancid surroundings.

"We huddled down in spot we'd been using as a toilet, with coils of evil-smelling sh*tty tissue everywhere. I began to wonder if I was about to take a fatal bullet while standing in a pile of my own sh*t!" says Colin. Then things suddenly changed. "The gunfire stopped. We stayed crouched for about 15 minutes, as the rest of the gang filtered back, yakking excitedly and tracing the bullet grazes on the walls."

Colin noticed a dramatic change in the atmosphere with his captors after the encounter. Although they'd won this particular firefight and stopped a rival gang from stealing their "goods", Colin and José were now all too aware their lives were in constant danger as this wouldn't be the last time a rival gang tried to muscle in on their captors' prize – at any cost.

Luckily, Colin's release was negotiated within weeks. But to this day he still recalls with a shudder of dread how he and his friend nearly became one of the bloody tales of death that he went to Somalia to document. ■

Kidnapped: Life As A Somali Pirate Hostage *by Colin Freeman is published by Monday Books, price £8.99 www.mondaybooks.com*

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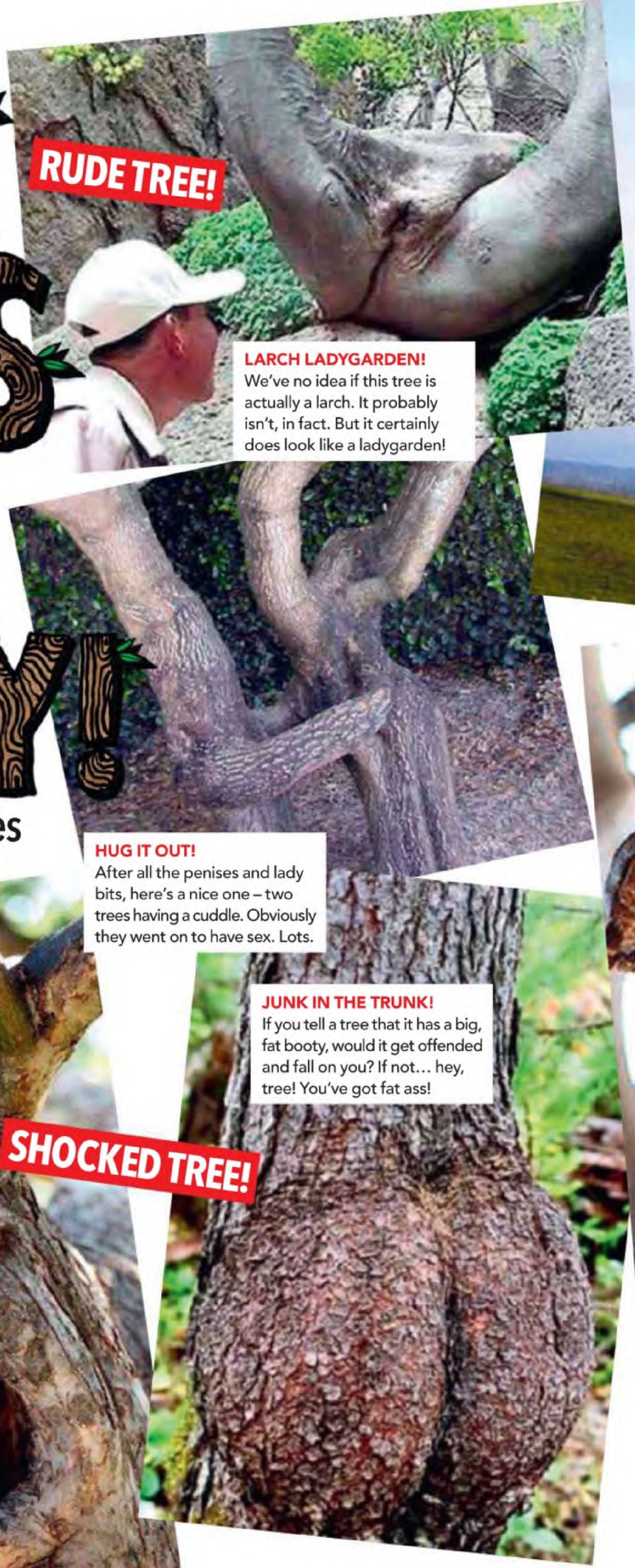
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Screwfix.com

WHEN TREES GET FUNNY!

Warning: may contain branches that look like penises!



RUDE TREE!

LARCH LADYGARDEN!
We've no idea if this tree is actually a larch. It probably isn't, in fact. But it certainly does look like a ladygarden!

HUG IT OUT!
After all the penises and lady bits, here's a nice one – two trees having a cuddle. Obviously they went on to have sex. Lots.

JUNK IN THE TRUNK!
If you tell a tree that it has a big, fat booty, would it get offended and fall on you? If not… hey, tree! You've got fat ass!

SHOCKED TREE!

SURPRISED STUMP!
Presumably, this tree's so shocked because it's seen the size of the tree's willy located elsewhere in these pages.

WORDS: RICH JENKINS

StoredAge.com

TREE HEAD!

LEWD LIMB!
Yeah? Well, the same to you! Any more of that and you'll be chopped up and on the fire by this evening. Cheeky sod.

LEAFY LOOKS!
There are people who say that when the wind blows, this tree smiles and whispers to you. Sadly, these people are mental.

TOPLESS TREE!

BUMMED BY A BRANCH!
If you're the type of person who gets offended by trees doing rude stuff, now might be the time to turn the page.

WELL-ENDOWED WOOD!
No denying it – it looks like this tree has a willy. Moreover, a willy in that state known as a "semi-on". Stop sniggering! ■

BOOBIES!
Not especially nice boobies, it should be noted, but what are you going to do? It's a tree, for heaven's sake!

SOPHIE HOWARD PRESENTS! THE BIG BOOB ISSUE!



A hot collection of very booby brunettes!

Friendship is a beautiful thing. If you need someone to talk to about the footy, hang out with at the pub or blow to smithereens on *Call Of Duty*, the first person you'll turn to is your mate. Now, imagine if you were Sophie Howard and your best mates were India Reynolds, Emma Glover, Holly Peers and the lovely Sabine! That's a pretty impressive line-up of pals, right? So what do they do when they get together? Knitting and talking about shoe-shopping, we'd imagine... ➡

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"I've been rubbing myself all over the girls' bodies!"

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SOPHIE!

Hello Sophie! How are you enjoying yourself today? Hiya! It's really, really good, actually! You can't go wrong with a lot of fit girls in one room, can you? Also, it's really hot so everyone's a bit sweaty! I've been rubbing myself all over their bodies!

So, are you still into role-play? Oh yeah, big time! There's just something really amazing about pretending to be someone else. This one time, me and my then-boyfriend were role-playing, but it got really full-on! We ended up having really hard, naughty sex on the living-room floor! There's nothing worse than just normal sex!

Have you ever pulled a right minger? Everyone's done that! Sometimes when you've got your beer goggles on, you end up back at somebody's flat by accident. You wake up in the morning and have to try to get the train-of-shame home super-quick! It's all good fun, though, and everyone should try it at least once!

When was the last time you did something naughty in public? There are loads of little alleyways I now have to drive past and think, "I've sh*gged in there!" But recently I did it in the car park of a zoo! I had my face painted as a giraffe, too, which was kind of weird!

How often do you have rude dreams? All the time! I tend to always have sex dreams if I go to sleep in the day. I always have the dirtiest dreams you can imagine. So it's best for me to sleep before I have sex!

What's the most times you've had sex in one day? I haven't counted but it's a lot. When you first get with somebody you've wanted to sh*g for ages, you can't stop! It's always really experimental, too!





What's the oddest thing anyone's ever said to you in bed? To be honest, I'm not one for dirty talk during sex! Because they watch so much porn, men think saying certain things are going to turn a girl on, but it just sounds hilarious!

Finally, who do you fancy who you know you shouldn't? To be honest, every guy that I fancy! I have weird taste. I've always had a thing for moustaches. [*Blue Bloods* star] Tom Selleck is the hottest man ever! ➡



HOLLY!

Hi Holly! What's been the sexiest thing about today's shoot, then? Hello! It's been well raunchy! But probably the conversation over dinner, with Sophie Howard just telling us rude stuff. That was the rudest part of the day. She's done some pretty cheeky things!

What's the cheekiest thing about you? I don't know, I wouldn't really say that I'm a cheeky person! I know loads of girls who've made rude home videos, but I won't in case it ends up on the internet! I guess I have a pretty cheeky bum!

We've had Imogen Thomas in the mag again recently. Would you ever date a footballer after reading about all that? Well I never say never, because you never know who you're going to be attracted to! But I wouldn't purposely seek out a footballer because they only seem to have one thing on their mind!

Who's the most annoying celebrity in the world right now? Justin Bieber! He's too arrogant and he's a little sh*t! Plus he said all that stuff about not dating Cheryl Cole because she's too old. She's well hot!

What's your favourite ever movie sex scene? Good question! In *Wild Things*, there's a bit where Denise Richards and Neve Campbell get off with each other in the pool! I really like the whole girl-on-girl thing!

So have you ever been curious with women before? Yeah, of course, because women are way sexier than men! I prefer a woman's body to a man's body. I'm not a lesbian and I prefer being intimate with a man but to watch and fantasise about, lesbians are fine!

So what's the most disgusting thing about blokes? I once had a boyfriend who farted on my hand the second time I met him! Not cool at all!➡

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BIG BOOBS

"I prefer a man, but fantasising about lesbians is fine!"

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BIG BOOBS

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SABINE!

"I'm really good at shaking my ass!"



Hiya Sabine! How are you enjoying the shoot? Hi! It's amazing. It's my first proper shoot for *Nuts* so I'm enjoying being around my favourite girls. Plus everyone's way more naked than I expected them to be, which is a bonus!

What do you look for in a bloke? He has to be ambitious, strong and confident. I don't like arrogant guys, but I like them to know what they want from life! Plus I love a guy who can make me laugh, so they have to be funny. Oh, and of course, they have to have a bit of a naughty side in the bedroom!

Does that mean you have a naughty bedroom side? Yes, of course! I think anybody can be naughty if they want to be – you just need the right person to encourage you. It's like that with experimenting and stuff.

Do you have any hidden talents? I like to draw pictures and I'm really good at painting. Aside from that, I'm really good at shaking my ass! Ha-ha! All the girls today have been really complimenting me on my bum, which is nice of them!

What would you like to do before the end of the year? I'm originally from Latvia so I'd definitely like to go home! I haven't been back for years now. I hope I get recognised for being a *Nuts* girl out there!

Would you ever use your new-found fame to blag something? I've been into a shop and asked for *Nuts* for free because I'm in it. They didn't even believe it was me! Maybe I'll get my bum out next time. Ha-ha!

What would you do if you were in charge of *Nuts* for the day? I'd make an issue of the sexiest bums in the world and mine would be on the cover! ➡









INDIA!

Hello India! How are tricks? Hi! Amazing, thanks. Everyone's well naked and having lots of fun! It's a bit hot and we're all sweaty. So many boobs!

Awesome! Who's been the cheekiest girl on the shoot today? Emma Glover's pretty cheeky! She's definitely been the most naked out of everyone all day! But Sophie Howard's the cheekiest in general! She's up for doing very rude things.

What's the rudest text message you've ever received? Oh dear, I really can't say! I could tell you about all the rude messages I've sent and received, but there's a chance they might be too rude! I'll have to let you all use your imagination!

When was the last time you were so happy you nearly cried? I can't remember, but I can tell you the last time I cried when I was sad! My bank account had some money taken from it and I found out I'd been robbed! They'd spent money in Pizza Hut, Pizza GoGo and Domino's, so they clearly were big pizza lovers!

Swines! On a cheerier note, if we gave you one wish for the day, what would it be? I'd fly all my friends to Las Vegas and have a massive naked pool party! I've decided I need to go to Vegas at some point anyway. It's my life ambition. I reckon I could probably live out there!

What if you were in charge of *Nuts* magazine for a day? I'd make it well cool, but most blokes would probably hate it because I'd put loads of girls' stuff in it! I guess to make up for it I'd fill it with naked hotties too and do a super-rude shoot!

Is there any one gadget you couldn't live without? That's a tough one, but I'd have to go for my phone, because that's pretty much my life! Were you expecting me to say my Rampant Rabbit that I use five times a day? Ha-ha! ➡

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"I'd love to fly to Vegas and have a massive naked pool party!"

"I have a habit of walking around my flat with nothing on!"

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EMMA!

Hi Emma! How are you enjoying the shoot? The shoot's going well, thanks! It's a very sweaty affair and we're all getting a bit hot and bothered here. You put five pairs of good boobs in a room and it's gonna get hot!

What's the cheekiest thing you've done for someone recently? I quite like Chat Roulette! Me and Rosie Jones go on there to flash our boobs at people all the time, so keep a lookout for that!

What's the naughtiest text you've ever sent someone? Probably pictures of my boobs! I think it's better to send them when people don't know they're coming. I've surprised a few boyfriends in meetings before!

Have you any hidden talents? I can down a whole pint in one go! Not lager, but cider or anything like that. Put it in a pint glass and I can down the whole thing. It's taken me years to hone the skill but I've got it mastered!

What's your worst habit? Probably not closing my curtains at home, as I obviously have a habit of walking around with nothing on! The old people who live next door to me have seen me naked. I don't know if it's a bad habit or not, but its definitely something I'm guilty of!

When was the last time you did something really nice for someone? I do a lot for the Help For Heroes guys. Me, Rosie Jones and India are going to a hospital to surprise a load of soldiers next week. Hopefully, our visit should cheer them up.

When was the last time you were surprised at someone? I was surprised at Sabine's bum this morning! She does have the most amazing ass if you've ever seen it in the flesh!

Have you ever been curious about doing rude things with other girls? Well, I think girls are prettier than boys, but there's nothing better than a nice big man, is there? ■

INTERVIEWS: SI CUNNINGHAM PHOTOS: STEVE MCDONELL STYLING: JENNIFER MCKENZIE
HAIR & MAKE-UP: LISA HARRIS WITH THANKS TO EMMA'S MANAGEMENT

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BRIT BOXING SPECIAL 2!

Khan: 'I want to knock out Ali G!'

Amir Khan talks ahead of his clash with Zab Judah!

Hi Amir! We've not spoken since the McCloskey fight. How have you been? Good thanks, I'm keeping well. I've just been chilling with my family and stuff. I've not had much of a break because this next fight has come along so quickly!

Yeah, it's very soon after the last bout. Why is that? Well, Ramadan's coming up, so I wanted to get one more fight in before then. I didn't need much of a break though, because I didn't really get out of second gear in the McCloskey fight.

Good stuff. You're defending your WBA light-welterweight title against IBF champ Zab Judah. What's he like? He's totally different to McCloskey. He comes forward often and always puts a lot of pressure on you. This is the first defence of his IBF title, and I'm putting my WBA title on the line as well, so it's definitely a big fight!

He infamously caught Floyd Mayweather with a low blow that nearly caused a riot. Are you worried about dirty tricks? Judah can be a bit nasty at times, but that's just his style really. If he doesn't get his way he can start fighting dirty! I'm not worried about him hitting me low, though. There's a referee in there and the judges can see what he's up to. I'm just going to stick to my game plan and not worry about what he's doing.

Who's the dirtiest fighter you've had to deal with? Probably Marcos Maidana. He's one of those tough guys who hits you in the kidneys and around the back of the head. When the ref says break, he'll try and catch you with his elbows and stuff.

Has anybody ever tried to trash-talk you while in a clinch during a bout? You do get the odd fighter trying to talk to you and put you off. I can't remember any names but it's happened a few times.

Can you hear anything the crowd are chanting when you're fighting? You know what, you can't really hear it! You're normally too focused on your game and stuff. Obviously, you hear them when you're coming to the ring, but during the fight you're just concentrating on getting the job done in the ring.

Your fight's in Las Vegas. Are you expecting big support from Brits? Yeah, we're looking at over ten thousand people coming over for the fight, so I'm excited about that!

How's training been going? It's been a ten-week training camp, which has all gone to plan so far. I can't complain!

What do you think of the state of British boxing right now? British boxing is currently on a real high. We had five current world champions before David Haye lost to Wladimir Klitschko – for a small country to have so many good boxers is brilliant. I think it's only going to get better and better in the future as well.

Your brother is a boxer too – how's he getting on? He's doing really well. He's representing Pakistan in the 2012 Olympics, so he's looking forward to that. He's been training with me in LA, actually.

What's the most expensive thing you've bought with your winnings? I love watches and cars. I spent about a hundred grand on an HB watch!

Crikey! That's a lot of cash. Now, is there anybody out there you'd love to get in the ring with who isn't a boxer? Yeah, that Sacha Baron Cohen (Ali G) bloke! I'd like to spark him out, man. He's really annoying with that stupid accent and everything!

David Haye insists he's going to retire at 31. When will you hang up the gloves? I think about 28 would be a good age for me to retire, so four years from now. It'd be good to win all the titles, make a name for myself and then call it a day.

Not long left then! Do you want to fight Floyd Mayweather before you retire? I definitely want to face him! I know that fight is going to be made in the next year, or maybe even earlier! If he wins his fight with Ortiz, or even if he loses, the winner of that fight will be a good match for me in the future. I'm getting older and wiser all the time, which is making me a better fighter. It gives me plenty of confidence about going on and winning that fight!



Amir Khan vs Zab Judah is live this Saturday night on Primetime PPV (channel 480 on Sky) for £14.95 – please ring 0871 200 4444 to order. For exclusive travel packages, visit www.amirkhan2vegas.com. And for fight tickets, ring Khan Promotions on 01204 535 332.

INTERVIEW: NICK WATKINS PHOTOS: PA PHOTOS, ACTION IMAGES

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"I'm confident I could beat Mayweather!"

KING KHAN!

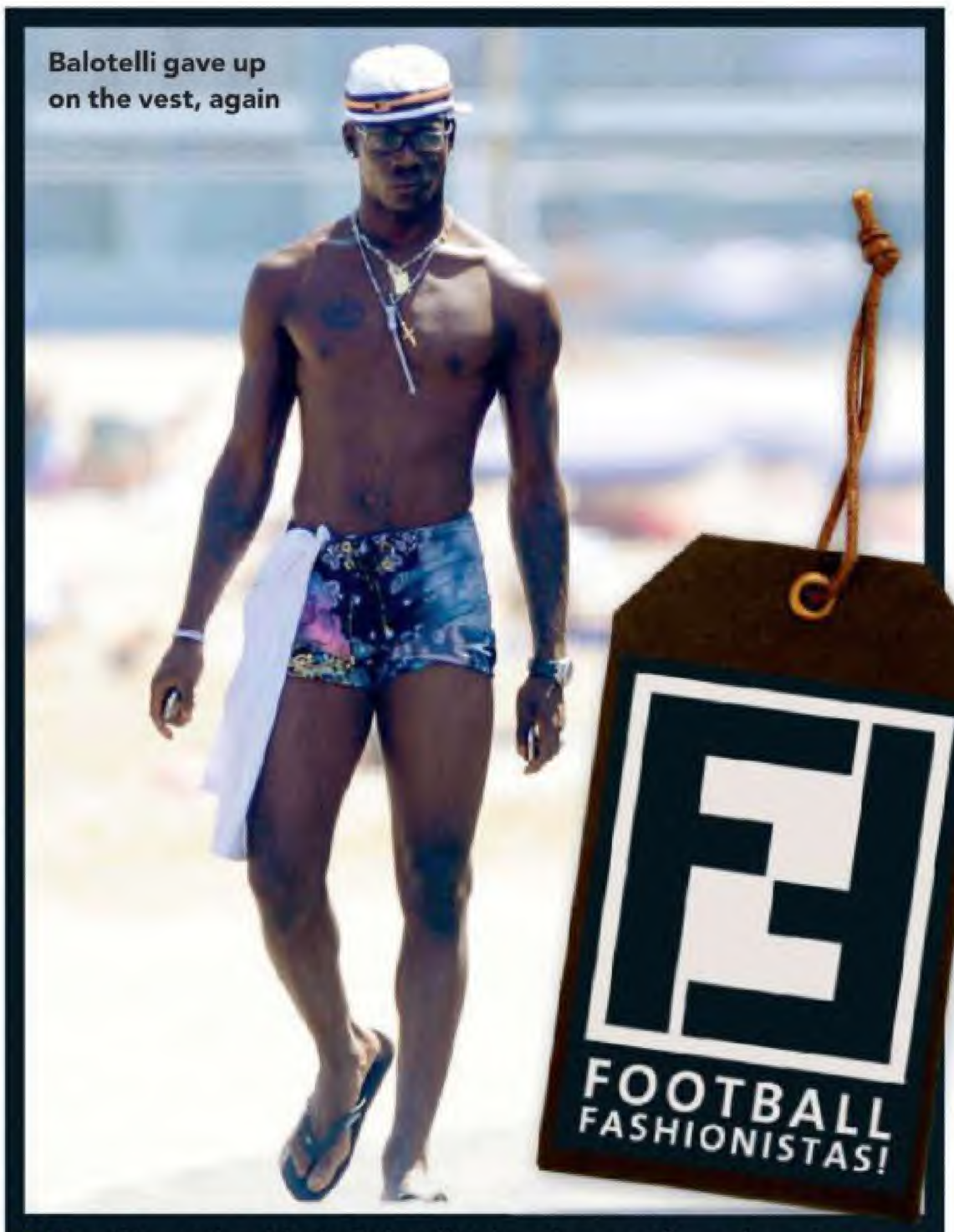
Amir Khan vs Zab Judah
Sun 24 July, Midnight, Primetime PPV

ONLY IN Nuts!

NUTS ABOUT SPORT!

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Man City striker Mario Balotelli takes time out from throwing darts at youth-team players to sport a sailor hat and some tiny swimming shorts in LA. What does he look like?

WHAT A WAG!



Aida Yespica!

The massive wages, the adoring fans, the glitzy globetrotting… It's easy to be jealous of a footballer's lifestyle. But if that footballer is called Mesut Ozil, plays for Real Madrid and goes out with former Miss Venezuela Aida Yespica, that's when we get *really* angry!





The closest we've come to the running of the bulls in Pamplona, Spain, is trying to escape from a massive bouncer on a Friday night. This doesn't look like nearly as much fun!



Absolute nutter Keith Carmickle narrowly avoids a very big fall after toppling over railings trying to catch a baseball during the Home Run Derby competition at Chase Field, Arizona. Oops!

WORDS: TIM BURNETT PHOTOS: SPLASH NEWS, ACTION IMAGES, TNI PRESS, GETTY IMAGES

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KAMMY!



ONLY IN Nuts!

He's the voice of the fans – and he's only in *Nuts*!



Dancing in public always made him feel a proper Charlie

Liverpool, the big spenders!

There have been some major transfers over at Anfield in the past few weeks! Kenny Dalglish is targeting young British talent as he tries to build a squad capable of challenging for the Premier League.

"Adam and Henderson are great signings!"

He tried it at Newcastle years ago and it didn't work out very well! But after how Liverpool performed at the end of last season, expectations are very high. Charlie Adam and Jordan Henderson are quality signings, and Aston Villa's Stewart Downing will also be an excellent addition to the team.

However, I'm not sure they're going to find it easy to break into the top four, let alone challenge for the title!

Both Manchester teams have spent big and are still spending, Chelsea have loads of cash and a fantastic new manager and Arsenal are determined to keep hold of their stars and build a title-challenging side.

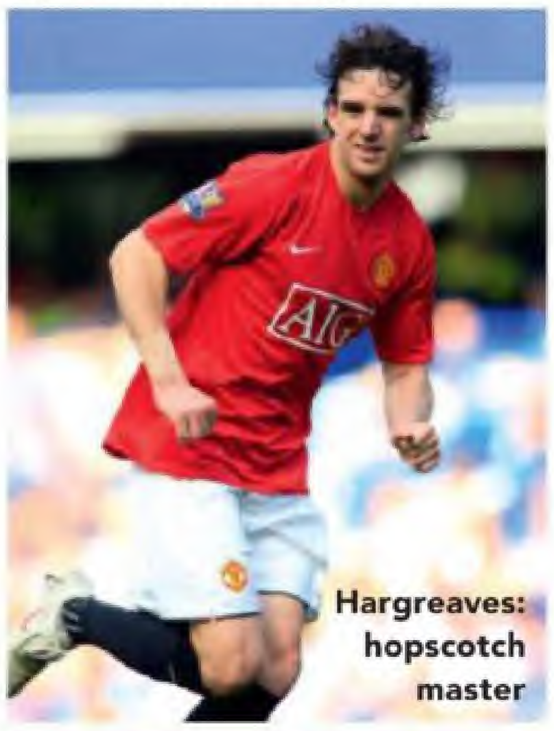
It's going to be an incredibly tough challenge for King Kenny and his boys, but with the team they have and a fully fit Steven Gerrard to return, they at least have a chance. Only time will tell!

PHOTOS: PA PHOTOS

Arsenal should sign Hargreaves!

I was really pleased to see my old pal Jonathan Woodgate join Stoke City. He's an absolutely superb defender. He's also pacy and has a lot of quality on the ball. If Tony Pulis can get him fit and on the pitch, he'll have one of the best, if not *the* best, English centre-half of his generation.

Another injury-prone player worth snapping up is Owen Hargreaves. With a full pre-season behind him, he could do wonders for a top-flight side. In fact, I think Arsenal should take a chance on him! They need some steel in midfield and Wenger's track record for prolonging the careers of many older stars would also be a perfect fit for Hargreaves!



Hargreaves: hopscotch master

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WORDS: TIM BURNETT
PHOTOS: GETTY IMAGES, BACKPAGE IMAGES

With only six weeks before the transfer window closes, several Premier League stars are busily trying to "engineer" moves away from their current club. Here at *Nuts*, we love it when big players get itchy feet, so to help the less pro-active stars, we've designed our own transfer request form to get them up and running! "Dream moves" ahoy!









Transfer Request Form



1. Name (your name here):

---

2. Age (calculators are available at the training ground):

---

3. Current salary (per week):
15-30k / 30-60k / 60-90k / 90-150k / Yaya Toure silly money

---

4. Desired salary (per week):
(Please use space provided. If you run out of space because of so many zeros, just round it up to the nearest million)

---

5. Agent's fee required for move:
£1million / £2million / £3million / own private desert island

---

6. Reasons for leaving (delete as applicable): To further my career / be closer to my family / challenge for trophies / want to be part of the "project" at Man City / experiencing creative differences with management / because I want another signing-on fee

---

7. What you will tell the press:
Club doesn't match my ambitions / I don't like the weather / I cannot settle in England / club captain tried it on with my missus / Ryan Giggs tried it on with my missus

---

8. Preferred destination: Bigger club in Premier League / La Liga / Serie A / don't care, anywhere but here, basically

---

Signature:

How to...



Fill in your demands and state reasons for leaving



Cut around the dotted line. Mind those scissors!



Hand to manager, who'll gladly accept the request

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RING OF TRUTH!

ONLY IN Nuts!

Sport seen through the *Nuts* comedy glasses!



Superstar DJs!

"Pack it in, dad! You're embarrassing me!"





MAN-LOVE CORNER!

FETCH!

"That's my penny! I saw it first!"

RUDE!

"Two Big Macs, fries... oh, and some nuggets!"

MASK!

"In out, in out, shake it all about!"

HOKEY-COKEY!

"My back's killing me!"

CHESTY!

"I need a new razor!"

WHOOPS!

"Aargh! What have you been eating?"

QUICKIE!

"Quick, before somebody notices!"

PECK!

"Ooh, your skin's lovely and soft!"

MAKE-UP!

"Let's never fight again!"

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WORDS: TIM BURNETT PHOTOS: GETTY IMAGES, PA PHOTOS, AMA, CLEVA MEDIA, ACTION IMAGES, EAMONN CLARKE, SPLASHNEWS.COM, COLOR SPORT

Storedvegs.com

MTV 10PM THURSDAYS



THE HARD TIMES OF RJ BERGER

IT'S BACK AND IT'S BIGGER THAN EVER

MTV.CO.UK/HARDTIMES

'QUOTE ME ON THAT!'

This week's biggest match debaters!

"Ryan Giggs started to perform and continued continuously"

Dwight Yorke continues to talk cack.



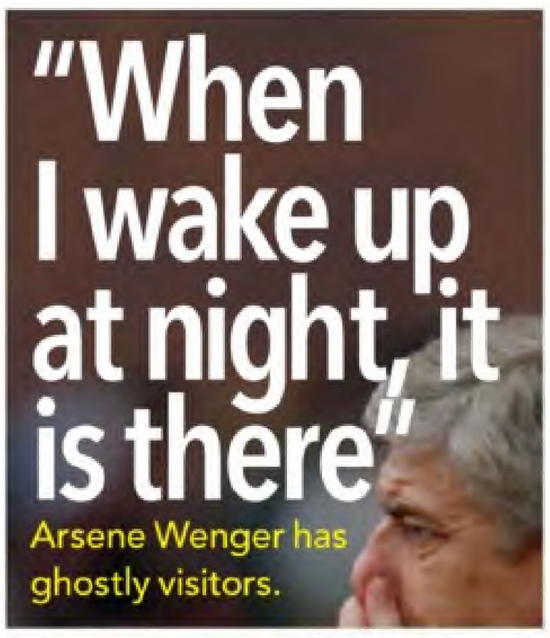
"Paul Scholes, without overstating the word, was a great, great player"

Gary Speed overstates it anyway.



"When I wake up at night, it is there"

Arsene Wenger has ghostly visitors.





"The difference between manager and coach is very different"

Paul Merson can't be more specific.



"Hope Powell has got one thing that Fabio Capello hasn't"

Two things actually, Martin Keown.



"England's opening partnership is both old and new"

Is that possible, Mike Atherton?



"What David James used to be guilty of – and it wasn't his fault – was coming for crosses"

So whose fault was it then, Jamie Redknapp?



"These days, teams don't play with a centre-forward. They just get players in to play behind their centre-forward"

So they do play with a centre-forward then, Andy Cole?



"For £50 million, I'd take off my pyjamas"

Lennox Lewis, the world's most expensive stripper.



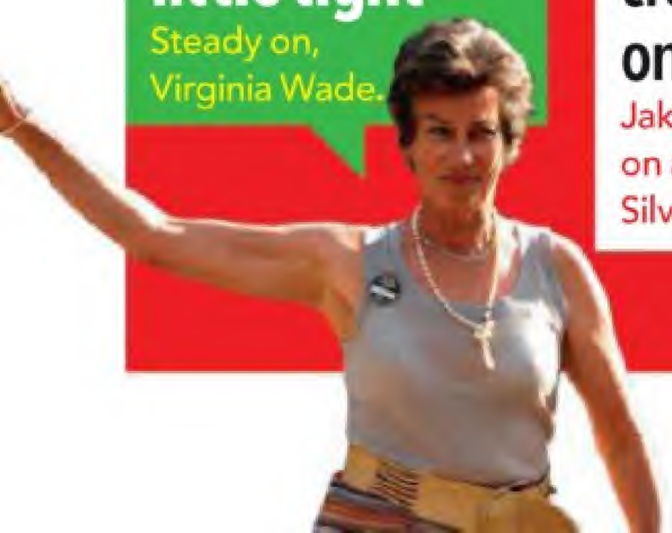
"I don't want to see our fast bowlers opening a kitten sanctuary"

Cricketer Graeme Swann gets catty.



'OO-ER SOUNDS A BIT RUDE' CORNER!

"Laura Robson is a little tight"
Steady on, Virginia Wade.



"It was lovely to see the crowd coming on the track"
Jake Humphrey on a sticky Silverstone.



"Kim Little likes to play in the hole"
Faye White on those filthy women footballers.



"We resolved our differences by having a big wrestle in the car park. And I won"
Graeme Swann wrestles with the truth again.

"Some players might say they don't fancy working for me because I've got a northern accent"
Sam Allardyce on those picky Hammers.



pictures.com

COMPILED BY: GRAHAM WRAY PHOTOS: GETTY, PA PHOTOS, ACTION IMAGES, BACKPAGE IMAGES

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Nuts REAL GIRLS

THE BEST OF BRITISH HOTTIES!



BEDROOM BABE!

JENNY **20, Eastbourne, shop assistant**

"I like to dress up in some sexy lingerie and give my bloke a night he'll never forget!"

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"I've done some rude things in a pool before!"

TURN TO VOTE FOR OUR NEXT BEDROOM BABE!

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*Booking fee applies to advance tickets which are available until 29/7/11. Kids under 13 FREE, max 3 per adult. FREE parking. Gates open 9am Friday. No pets, glass bottles, independent sound systems and unregistered motor vehicles please. See website for full terms & conditions of entry.

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BEDROOM BABES!

Vote for your favourite – and she'll star in *Nuts*!

Vote for your favourite at **www.nuts.co.uk/girls**

Ladies, send us your pictures! Send your photos to Real Girls UK, *Nuts*, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU. Or email nutsgirls@ipcmedia.com. You must be at least 18 years old.

ONLY IN Nuts!

Clair
22, Southampton, student
"I like to pull out some tricks in the bedroom and leave a bloke wanting more!"

Rachel
19, Cambs, nail technician
"I'd say my best feature is my bum! I love it! Everyone's always telling me it's peachy!"

Annierose
22, Coventry, housing worker
"What's my sexiest outfit? That would be my birthday suit! I love being nude!"

Lindsay
20, Hull, masseuse
"Nothing's sexier than my little black dress. Just guess if I've anything on underneath!"

PAGES 66-67 PHOTOS: TOM SEPGIANT
HAIR & MAKE-UP: BETHAN OWENS. LINGERIE: ANN SUMMERS

Vote now to see more of your favourite girl!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*! Choose the girl you think is the hottest, go to **www.nuts.co.uk/girls**, click on the "Bedroom Babes" bit and vote for her. It's as simple as that!

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ONLY IN Nuts!

REAL GIRLS, REAL PLACES!

Ladies, would you like *Nuts* to hang out with you for the day? Email a photo and a bit of info about yourself to nutsgirls@ipcmedia.com or write to Real Girls UK at the address on page 72. You must be at least 18 years old.

THIS WEEK:
Name: Danni
Age: 20
Boobs: 32D. "I love 'em!"
Likes: "Fun boys who keep me on my toes!"
Ever kissed a girl? "Just for fun!"
Strangest place you've had sex? "In a stable!"
Sex tip: "Kiss my neck!"

Danni's guide to hot Hersham

Wow, it's another stunner from Surrey!





Danni on... her home!

"I've only lived in Surrey for a day! I've just moved here from Chepstow, near Cardiff, so I'm a Welsh girl. I've got my own place now and I love it!"

Danni on... her bed!

"I'm lazy! I stay up watching TV or video-chatting to friends and then stay in bed as long as I can! I 'cwtch' in bed! That's Welsh for 'hug'!"

Danni on... being blonde!

"I love being blonde! I dyed my hair black once but it only lasted two days because I looked stupid! I'm a natural blonde so I'm staying blonde!"



PHOTOS: ELLIS O'BRIEN

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Danni on... drinking!

"I like to drink Disaronno and Coke, red wine, and champagne. I love going out to have fun, socialise and, above all, to be cheeky!"

"I love getting hot and sweaty. In the gym!"

Danni on... keeping fit!

"I always go to the gym. I love working out and getting all hot and sweaty! I ran a half-marathon, so I have lots of stamina. Ha-ha!"



Danni on... getting ready!

"I'm quite quick at getting ready – I can do it in an hour. Make-up takes the longest but I need to look my best for all those boys, don't I? Ha-ha!"



Danni on... her boobs!

"I like to show them off so I always go out in a low-cut top. I always have my legs out, too. If you've got it, flaunt it! Boys say I've got a curvy bum, too!"

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Sophie Howard's busty babes!

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Nuts

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LADIES CONFESS! TO OUR SECRETARY!

100% REAL STORIES!





CONFESSION OF THE WEEK!

'A lecturer, a student and me...'

I work at a university, and one of the younger sports lecturers sometimes glances across the staff room at me. Recently, he was working late and I saw him in his office with a female colleague. She had her head in his lap and I couldn't help staring. She saw me and beckoned me over with a cheeky smile. I couldn't stop myself from joining them! Soon, she had her fingers between my legs and I had his erection in my mouth. It wasn't long before the girl had me coming down her arm! Then he took me deep inside from behind, while I made out with the fit colleague. It was the most arousing experience of my life! Now we all have extra-curricular activities every chance we get!

Jess, Kent

'I pulled him into a cupboard'

I live in a small block of flats and one morning, the postman called early with a parcel. I hurried downstairs in my satin dressing gown and almost bumped into a teenage cleaner who was hoovering the hall. On my way back upstairs, I noticed the bulge in his trousers and smiled. He gave me a sheepish grin and mumbled something. I noticed a cupboard behind him and, seizing the moment, went inside. I let my gown fall to the floor exposing my large E-cups. I released his manhood and pleasured him with my hand while he buried his face in my boobs. His fingers found my clit and soon I was soaking wet and moaning as he sucked on my big nipples. I grabbed his bum tightly as I shuddered and came against the wall. I've booked him next week to clean my flat!

Shirley, by email

'I rubbed gel all over her boobs'

On a college hockey tour, after we finished a game, we all went to change and shower. As usual, I took ages, rubbing shower gel over my whole body and stretching under the hot water. As I was washing my hair, a female figure appeared in the door of my cubicle. It was one of my team-mates who I'd always thought was hot. She undressed slowly in front of me and snuck into the shower. Soaking wet, she kissed me passionately on my neck. I got some more shower gel and gently caressed her breasts, massaging them with care. She moved her hand down my body, until she was inside me. It felt so amazing! I wanted so much more but we knew we'd get caught, so agreed to meet up later. We never quite made it that trip but I'm seeing her later this week...

Sammy, Lancaster

'The best make-up sex ever'

I've just got back home from a short break in Spain with my boyfriend. As soon as we got there, we started arguing furiously. After two days, we weren't even speaking and I was sleeping on the sofa-bed in the living room of the apartment. The following night, we went to dinner separately and even sat apart at the bar. I loved seeing him grow mad with jealousy as he watched me sitting in a low-cut dress, lapping up the attention from all the male staff. After about half an hour of flirting with the waiters, I noticed my boyfriend had left. Feeling that there was no point in carrying on now, I headed back to my room. Just as the lift doors were about to close, my boyfriend slid in. He pushed me against the wall, passionately kissed me and pulled my dress up before tearing my tiny knickers off! He then slipped his fingers inside me until I was moaning with pleasure. It was the best make-up kiss ever!

Ellie, Brighton

Win £50!



Ladies, send your raunchiest confessions to louise_prior@ipcmedia.com or to the address on page 72. The best one each week* wins £50! Come on, girls!

ILLUSTRATION: NICK PURSER/FOLIO ART
*EDITOR'S DECISION IS FINAL. TERMS & CONDITIONS APPLY

PHOTOS: JIM LINCOLN

Nuts FASHION

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Nuts REVIEWS

GAMES!



The Mercenaries features remastered stages from *Resident Evil 4* and *5*

RESIDENT EVIL: THE MERCENARIES 3D
NINTENDO 3DS



More rough-and-ready shooter than traditional survival horror, *The Mercenaries* has you dashing through random *Resi* scenarios, playing as random *Resi* characters, shooting random *Resi* zombies. But with simple controls, online co-op, weighty weapons and the tick, tick, tick of an ever-present timer, there's an awful lot to like here. ★★★★



BOOST 2
IPHONE, IPOD, IPAD



This frantic but beautiful racer has you bombing down an ever-changing corridor, like *WipEout* in a kaleidoscope! It's a perfect, portable five-minute blast. ★★★



CARS 2: THE VIDEOGAME
ALL FORMATS



This racing game tie-in gives you the chance to act out characters from the Pixar film. Average at best, rather like the animated movie it's based on. ★★★

APPS!



NME ICONS: JACK WHITE
IPAD

All the interviews given to the top music mag by the White Stripes, Raconteurs and Dead Weather bloke, as well as images and videos. ★★★★★

LEWIS MOODY RUGBY
IPHONE, IPOD TOUCH, IPAD

Skills, drills and plays, video tips and news, courtesy of Bath and England egg-chucker Lewis. A quality purchase for any fan of the oval ball. ★★★★★

DVDS/BLU-RAY!



The film is based on 2003 French novel *Out Of My Head*

UNKNOWN
DVD & BLU-RAY CERT 15



Liam Neeson finds himself in a bit of a pickle as a bio-technologist who emerges from a coma with his memory awol and his identity stolen. Faced with the task of proving who he is to the doubters around him – including his missus – he sets about doing just that in a brilliantly twisty-turny thriller that'll have you gripped from start to finish. Ace! ★★★★

FASTER
DVD & BLUE-RAY CERT 15



Dwayne "The Rock" Johnson turns in a great performance as an ex-con hunting his brother's killers in this bruising, fast-paced thriller. ★★★

JUSTIFIED: SEASON 2 BOX SET
DVD CERT 15



All 13 episodes from the second series of this enjoyable drama, starring Timothy Olyphant as a Stetson-toting lawman. ★★★

UFC 128: SHOGUN VS JONES
DVD CERT E



The March light-heavyweight battle between Maurício Rua and Jon Jones, as well as loads of action from the undercard. ★★★

MUSIC!



VARIOUS ARTISTS
AMNESIA IBIZA ANTHEMS



Boasting 70 classics from 21 years of Balearic bonkersness, this Ibiza compilation is hours and hours of fun! ★★★★★

LMFAO
SORRY FOR PARTY ROCKING



With tracks like *Party Rock Anthem*, we're not talking the Wu Tang Clan here! Still, this is fun hip-hop to turn your brain off to. ★★★

WORDS: DAN BRIGHTMORE, MIKE HALL, PETE CASHMORE, RORY BUCKERIDGE

All the latest action-packed releases

Ratings: ★★★★★ Genius ★★★★ Very good ★★★ Investigate ★★ Alright ★ Rubbish

MOVIES!



Many of the lines were improvised by the cast

HORRIBLE BOSSES CERT 15

Jason Bateman hatches a plot with his pals Charlie Day (from *It's Always Sunny In Philadelphia*) and Jason Sudeikis (from *Hall Pass*) to whack their bosses. Up against Kevin Spacey's "Total F**king Asshole", Jennifer Aniston's "Crazy B*tch Wh*re" and Colin Farrell's "Dipsh*t Cokehead", they've got "murder consultant" Motherf**ker Jones (Jamie Foxx) helping them out. A top, potty-mouthed gag-fest, from beginning to end! ★★★★





CARS 2
CERT U

Petrolheads and those with younger brothers will enjoy this OK 3D romp, with Michael Caine voicing an Aston Martin. ★★★



THE BIG PICTURE
CERT 15

Taut French thriller following a man whose perfect life is shattered when he murders his wife's lover. Tense stuff! ★★★★

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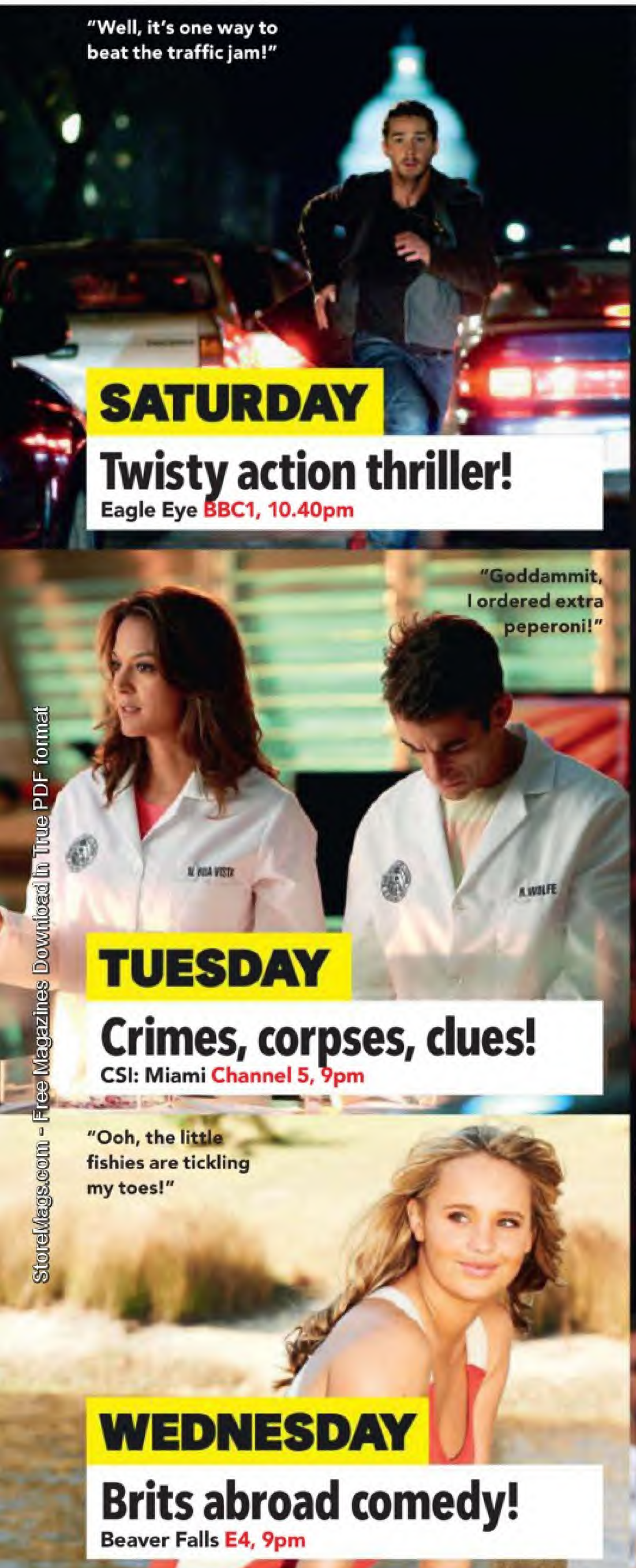
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Nuts TV

The best stuff on the box for blokes!

Nuts! 7-DAY TV LISTINGS GUIDE!



SATURDAY

Twisty action thriller!

Eagle Eye BBC1, 10.40pm

TUESDAY

Crimes, corpses, clues!

CSI: Miami Channel 5, 9pm

WEDNESDAY

Brits abroad comedy!

Beaver Falls E4, 9pm



SATURDAY

Unification title scrap!

Amir Khan vs Zab Judah Primetime, midnight

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FRIDAY 22 JULY

TODAY'S MUST-SEE TV PICKS!



Dinner for Schmucks

FILM **Sky Movies Premiere/HD, 10pm** When Paul Rudd's boss invites him to a dinner party, he must bring the biggest weirdo he can find. Up steps Steve Carell, in this so-so comedy. ★★★



The Rob Brydon Show

CHAT **BBC2, 10pm** The genial Welsh comic actor returns for the second series of his corking show, chatting to *Little Britain*'s Matt Lucas and performing with Irish indie rockers the Script. ★★★★



Dexter FX/HD, 10pm

DRAMA Lumen calls good old Dexter to dig her out of the poop when she stalks and takes down one of her attackers... only for the supposedly dead guy to suddenly disappear. Oops! ★★★★★

6PM

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.40** Doctors **2.10** Only Fools and Horses **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** Coast **11.45** FILM Madonna of the Seven Moons: *Romantic costume drama starring Phyllis Calvert and Stewart Granger.* **1.30pm** To Buy or Not to Buy (R) **2.15** Animal 24:7 (R) **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country **6.00** Eggheads (R) **6.30** Great British Railway Journeys (R)

ITV1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News, Weather **2.00** Ten Mile Menu **3.00** Dickinson's Real Deal **4.00** Wild at Heart (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News

Channel 4

7.00am Freshly Squeezed **7.30** Everybody Loves Raymond (R) **7.55** Frasier (R) **8.25** According to Jim **8.55** Friends (R) **9.50** SPORT Channel 4 Presents – David Smith 2012 (R) **9.55** Help! My House Is Infested (R) **10.55** A Place in the Sun (R) **12.05pm** The Secret Supper Club (R) **12.35** River Cottage Bites (R) **12.55** FILM Blood Alley **3.10** Countdown **4.00** Deal or No Deal **5.00** Come Dine with Me (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** CSI: NY (R) **3.10** FILM Emma's Wish: *Drama starring Joanna Kerns.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV **6.55** 5 News at 7

Sky1

7pm **The Simpsons** Ned Flanders' home is destroyed by a hurricane. (R)

7.30 **The Simpsons** Bart decides to steal a kiss from his crush at school. (R)(HD)

8.00 **Futurama** NEW The Professor tries to resuscitate the crew. (HD)

8.30 **Futurama** Leela and Zapp Brannigan become stranded. (HD)

9.00 **An Idiot Abroad** Hilarious episode as the "round-headed buffoon" visits Petra in Jordan. (R)(HD)

10.00 **Wall of Fame**

10.30 **Spartacus: Blood and Sand** Boobs and battles. (R)(HD)

11.45 **Brit Cops: Frontline Crime UK** Cops and crime. (R)(HD)

12.45am **Danny Dyer's Deadliest Men 2: Living Dangerously** (R)

7PM

7.00 **The One Show: Best of Britain** The programme's best stories.

7.25 **The Good Cook** That'll be the opposite of us then.

8.00 **EastEnders** Do yourself a favour – flick to Sky1!

8.30 **A Question of Sport** With Man City's Adam Johnson. (R)

9.00 **My Family** Rubbish comedy.

9.30 **Miranda** Rubbish comedy. Er, is there an echo round here? (R)

10.00 **News, Weather**

10.35 **Would I Lie to You?** Fibbing fun. (R)

11.05 **My Favourite Joke** NEW Comedians and TV stars reveal what makes them laugh – and why.

11.35 **The National Lottery Friday Night Draws**

11.45 **Two for the Money** FILM Gambling drama starring Al Pacino and Matthew McConaughey.

7.00 **Madagascar** The mad furries that inhabit the island in the Indian Ocean. (R)

8.00 **RHS Flower Show Tatton Park 2011** Carol Klein tours the traditional back-to-back gardens.

8.30 **Gardeners' World** Advice on how to keep sweet pea displays vibrant. Finally!

9.00 **The Golden Age of Canals** When canals were as popular as JLS, or something like that.

10.00 **The Rob Brydon Show** MUST-SEE It's back! Ace! Tonight, the Welsh comic chats to *Little Britain*'s Matt Lucas, and there's stand-up from Nina Conti.

10.30 **Newsnight**

11.05 **Blade Runner: The Final Cut** FILM Sci-fi thriller starring Harrison Ford and Rutger Hauer.

12.55-2.35am **Dangerous Days: On the Edge of Blade Runner** The making of the sci-fi movie.

7.00 **Emmerdale** Hazel panics about saying the wrong thing in court and getting Aaron in trouble. Take a chill pill.

7.30 **Coronation Street** Cobbles-based cobblers.

8.00 **Love Your Garden** Trowel-bothering antics.

8.30 **Coronation Street**

9.00 **Phil Collins: One Night Only** Which is precisely one night too many, if you ask us. (R)

10.00 **ITV News, Weather**

10.35 **The Last Boy Scout** FILM Action thriller starring Bruce Willis as a private eye who teams up with a footballer on a murder case.

12.30am **The Zone**

7.00 **News**

7.25 **4thought.tv**

7.30 **The Only Gay on the Estate?** A gay man confronts his past.

8.00 **Come Dine with Me** Strange meals for strange people.

9.00 **8 Out of 10 Cats** Irreverent panel show.

9.30 **Alan Carr: Chatty Man** With Mat Horne.

10.35 **Chris Moyles' Quiz Night** With Jack Whitehall, Sarah Harding and Vernon Kay. Sounds good!

11.25 **The Big Bang Theory** A wealthy benefactor makes an indecent proposal to Leonard.

11.50 **Sirens** Rachid challenges Stuart's position as leader. The swine! (R)

12.50am **Music on 4: Abbey Road Debuts** New bands perform at the Abbey Road Studios in London. (R)

7.00 **Cricket** SPORT Ball-dispatching antics from the second day of the first Test between England and India.

8.00 **Danger: Diggers at Work** The salvage team try to stop the bow and stern of a Second World War ship from being broken up for scrap.

9.00 **Castle** A man's killed in an apparent voodoo ceremony. Nasty.

10.00 **The Mentalist** A wealthy businessman is found dead at a marina. (R)

10.55 **CSI: Miami** A wealthy racehorse owner is murdered. Not looking good for rich people here tonight, is it? (R)

11.50 **Inside Hollywood** Magazine show.

12.05am **SuperCasino**

1AM

1.45am Sign Zone: Rick Stein's Spain (R) **2.45** Restoration Home (R) **3.45** Royal Upstairs Downstairs (R) **4.15-6am** BBC News

2.35 FILM Flash Gordon: *Sci-fi adventure starring Sam J Jones.* **4.25-5.30am** ITV Nightscreen

1.05 My Name Is Earl (R) **1.50** The Real Housewives of New Jersey (R) **2.40** Ugly Betty (R) (R) **4.15** One Tree Hill (R) **5.00** Countdown (R) **5.45-6.10am** Yo Gabba Gabba! (R)

4.05 SPORT Motorsport Mundial **4.30** Great Scientists (R) **4.55** Rough Guide to Short Breaks (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)

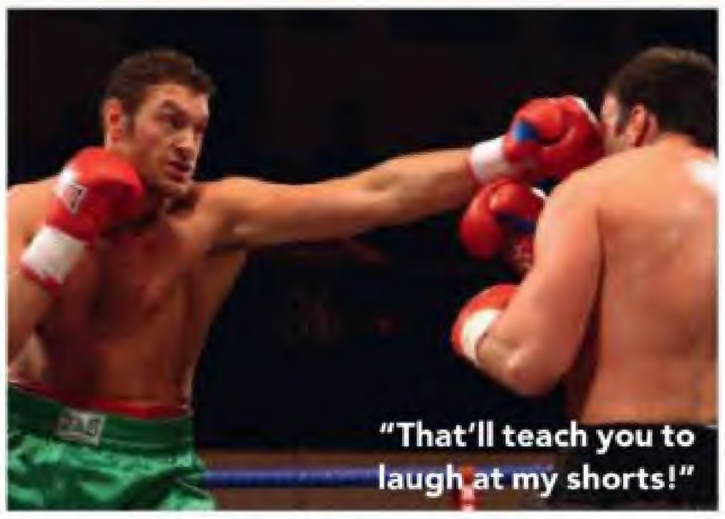
FRIDAY'S SPORT

8.30am New Zealand vs Fiji, **Sky Sports 1. 10.30am** England vs India, **Sky Sports 1. 1pm** Darts, **Sky Sports 2. 7pm** Darts, **Sky Sports 1. 7.15pm** Premiership Rugby Sevens Series, **ESPN. 2am** Boxing, **ESPN.**

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Nuts TV

23 JULY SATURDAY



Dereck Chisora vs Tyson Fury
Channel 5, 10pm

SPORT Ding-ding! The UK pair slug it out for the British and Commonwealth heavyweight title. ★★★★



Eagle Eye
BBC1, 10.40pm

FILM Shia LaBeouf from the *Transformers* films stars in this very watchable thriller as a seemingly normal man who finds himself pursued by the government. Action-packed stuff! ★★★★



Amir Khan vs Zab Judah
Primetime, Midnight

SPORT Round two! Bolton scrapper Khan's in Vegas to teach the nutty American a lesson! Come on! ★★★★

BBC One

6am Breakfast **10.00** Saturday Kitchen Best Bites **11.30** The Good Cook (R) **12.00noon** BBC News, Regional News, Weather **12.10pm** LIVE Formula 1: The German Grand Prix Qualifying: *Car-whizzery from the Nürburgring. Start-time 1pm.* **2.20** LIVE Racing from Ascot **4.50** BBC News, Regional News, Weather **5.10** FILM Cars: *Animated comedy.*

7.00 **Tonight's the Night**
Beverley Knight duets with a roadside patrolman. Argh!

8.00 **The National Lottery: In It to Win It**
Ball-plucking antics.

8.50 **Casualty**
More bedside bungling.

9.40 **Lee Mack's All Star Cast**
With actress Ashley Jensen and comedian Tommy Tiernan. It's the last in the series though. Boo!

10.20 **News, Weather**

10.40 **Eagle Eye**
MUST-SEE Conspiracy thriller starring Shia LaBeouf and Michelle Monaghan. Excellent!

12.30am **Highlander: Endgame**
FILM A pair of immortal warriors join forces to defeat an ancient enemy. That'll learn him.

BBC Two

6am CBeebies **7.00** CBBC **12.00noon** Diagnosis Murder (R) **12.40pm** FILM Anchors Aweigh: *Musical starring Gene Kelly and Kathryn Grayson.* **2.55** Life Beyond the Box: Norman Stanley Fletcher (R) **3.45** Porridge (R) **4.15** LIVE Challenge Cup Rugby League: *Egg-chasing with Warrington vs Wigan, kick-off 4.30pm.* **6.30** Flog It! (R)

7.30 **Dad's Army**
The platoon spend the night in a spooky deserted house. Hilarity's just *bound* to ensue! Or not. (R)

8.00 **The Impressionists – Painting and Revolution**
Canvas-bothering blather.

9.00 **BBC Proms 2011**
Earplugs at the ready – the Orchestra Philharmonique de Radio France perform classical guff from Weber, Brahms and Stravinsky.

10.40 **QI XL**
With Johnny Vegas, David Mitchell, Rob Brydon and Alan Davies. (R)

11.25 **The Rob Brydon Show**
The actor has a chat to *Little Britain* star Matt Lucas. (R)

11.55 **Dear Frankie**
FILM Drama starring Emily Mortimer and Gerard Butler.

ITV 1

5.30am ITV News **6.00** CITV **8.25** Ten Mile Menu (R) **9.25** Coronation Street **11.45** This Morning: Saturday **12.45pm** The Planet's Funniest Animals (R) **1.15** ITV News, Weather **1.20** FILM A Caribbean Mystery: *Murder mystery.* **3.20** FILM Columbo: Blueprint for Murder: *Crime mystery starring Peter Falk.* **4.50** Regional News, Weather **5.05** ITV News **5.20** FILM Harry Potter and the Chamber of Secrets: *Magic.*

8.15 **Odd One In**
Sarah Millican and Stephen Mulhern challenge regulars Jason Manford and Peter Andre to identify people with unusual skills or secrets. Typical Saturday night fare.

9.00 **Penn & Teller: Fool Us**
Mind reader Colin McLeod tries to outwit the renowned illusionists. Jonathan Ross presents.

10.00 **The Marriage Ref**
More Wossy as he, Jack Dee and Joanna Page tackle three domestic disputes, including a geeky husband who spends too much time on his fantasy role-playing hobby. There's no hope. Call it quits!

11.00 **ITV News, Weather**

11.15 **Daylight**
FILM Disaster movie starring Sly Stallone and Amy Brenneman.

Channel 4

7.00am SPORT MSA Formula Ford Championship **7.25** SPORT The Grid **7.55** SPORT The Morning Line **8.55** T4: Friends (R) **9.25** Hollyoaks Music Show **9.55** Smallville (R) **10.50** Friends (R) **11.20** Pop Up Pop Quiz **12.10pm** Dirty Sexy Things **1.15** The TV Book Club **1.45** SPORT David Clarke 2012 (R) **1.50** LIVE Channel 4 Racing **3.55** Come Dine with Me Extra Portions (R) **6.00** News **6.30** 4thought.tv **6.35** The Mystery of the Nevada Triangle (R)

7.30 **The Space Shuttle's Last Flight**
Documentary charting the history of Nasa's space shuttle programme.

9.00 **Camelot**
Morgan infiltrates Camelot disguised as Igraine, who she's keeping captive. The sneaky so-and-so! The lovely Eva Green stars.

10.05 **Kingdom of Heaven**
FILM A French blacksmith becomes a knight and swears to protect Jerusalem during the crusades.

12.50am **Bad Lieutenant**
FILM A corrupt, drug-addicted cop sees a chance to redeem himself when he takes on the case of a nun who's been raped. It's the 1992 film with Harvey Keitel, by the way – not the recent Nicolas Cage effort of the same name.

Channel 5

6am Milkshake! **10.00** Mexican Food Made Simple (R) **10.30** Eddie Stobart: Trucks and Trailers (R) **11.35** FILM Shoot-Out at Medicine Bend: *Western starring Randolph Scott.* **1.20pm** FILM Cheyenne Autumn: *Epic John Ford Western starring Richard Widmark.* **4.25** FILM Silverado: *Western starring Kevin Kline and Kevin Costner.*

7.00 **Cricket**
SPORT Ball-thumping with the third day of the first Test between England and India at Lord's.

7.55 **5 News Weekend**

8.00 **NCIS**
Gibbs and the team find a Marine's severed head in the boot of a car. (R)

9.00 **Law & Order: Special Victims Unit**
The team's investigation into the abduction of two girls leads to an artist from Louisiana who is in New York on business.

10.00 **Boxing Live: British Heavyweight Title**
MUST-SEE The dust-up between Dereck Chisora and Tyson Fury at Wembley Arena. Check out our interview with Tyson on page 38!

11.35 **UFC 79: Main Event**
SPORT Georges St-Pierre vs Matt Hughes in Las Vegas.

12.35am **SuperCasino**

Sky 1

7pm **The Simpsons**
Homer's jealous when an old classmate is inducted into the Walk of Fame. (R)(HD)

7.30 **The Simpsons**
Lisa loses control of her imagination when she makes a new friend. Drat! (R)

8.00 **Futurama**
The Professor tries out his birth machine. (R)

8.30 **Futurama**
Leela and Zapp Brannigan find themselves stranded on an Eden-like planet. (R)

9.00 **Meet Joe Black**
FILM Supernatural romantic drama starring Brad Pitt. (HD)

12.25am **Law & Order**
Lupo and Bernard discover a possible terrorist threat. (R)(HD)

SATURDAY'S SPORT

10.30am England vs India, **Sky Sports 1.** **12noon** Rangers vs Hearts, **Sky Sports 2.** **2.30pm** Cologne vs Arsenal, **ESPN.** **4.15pm** Warrington vs Wigan, **BBC2.** **7pm** Darts, **Sky Sports 1.**

SUNDAY'S SPORT

10.30am England vs India, **Sky Sports 1.** **11.30am** Hibs vs Celtic, **ESPN.** **12.05pm** Formula 1: The German Grand Prix, **BBC1.** **3.15pm** Hull FC vs Leeds Rhinos, **BBC2.** **7pm** MUST-SEE Darts, **Sky Sports 1.** **7.45pm** Copa America Final, **ESPN.**

2.05-6am BBC News

1.35-3am FILM Adam & Paul: *Black comedy drama starring Mark O'Halloran and Tom Murphy.*

1.15am The Zone **3.15** In Plain Sight **4.05-5.30am** ITV Nightscreen

2.35 FILM Wrong Turn: *Horror thriller with Eliza Dushku.* **3.55** Hill Street Blues (R) **4.45** One Tree Hill (R) **5.25-6.10am** Countdown (R)

4.05 The Family Recipe (R) **4.10** Chinese Food in Minutes (R) **4.15** Law & Order (R) **5.00** Hana's Helpline (R) **5.10-5.35am** The Milkshake! Show (R)

SUNDAY 24 JULY

TODAY'S MUST-SEE TV PICKS!



Darts Sky Sports 1/HD, 7pm

SPORT The final of the World Matchplay from the Winter Gardens in Blackpool, which will almost certainly feature Phil Taylor. He's won the thing the last three times, after all! ★★★★★



Top Gear BBC2/HD, 8pm

CARS James takes a trip to the seaside in a pair of electric cars while Jezza hits the road to test the new F1-style Lotus. Meanwhile, Hammond meets a rally team made up entirely of amputees. ★★★★★



Boardwalk Empire

DRAMA Sky Atlantic/HD, 9pm

The lavish Prohibition-era drama gets another airing, beginning with a double-bill. Look out for a second series, set to hit our screens later this year! ★★★★★

BBC one

6.00am Breakfast **9.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Country Tracks **12.00noon** BBC News **12.05pm** LIVE Formula 1: The German Grand Prix: *From the Nürburgring. Start-time 1pm.* **3.20** My Family (R) **3.50** My Family (R) **4.20** Bargain Hunt Famous Finds (R) **4.50** Lifeline **5.00** Songs of Praise **5.35** Horrible Histories with Stephen Fry **6.05** BBC News, Regional News, Weather **6.30** Antiques Roadshow (R)

7.30 Countryfile

Brace yourself – this *does* include Weather for the Week Ahead!

8.30 Inspector George Gently

Heartbeat, minus the adverts. And lasting for an extra half hour. So, even less appealing then. (R)

10.00 News, Regional News, Weather

10.25 Sugartown

NEW Comedy drama set in a northern seaside town that's seen better times. The rock factory's threatened with closure. You're telling us it's seen better times!

11.25 Moving On

Drama starring Corin Redgrave. (R)

12.15am Sign Zone: The Apprentice: How to Get Hired

Dara O'Briain explores how to be a successful candidate. Tip number one: possess at least half a brain. (R)

1.05 The Apprentice: The Final (R) **3.05** Holby City: *Medical rubbish.* (R) **4.05-6.00am** BBC News

BBC TWO

6.00am CBeebies **7.00** CBBC **10.00** Something for the Weekend **11.30** FILM The Story of G.I. Joe: *Drama with Burgess Meredith.* **1.20pm** EastEnders **3.15** LIVE Challenge Cup Rugby League: *Hull FC vs Leeds Rhinos, kick-off 3.30pm.* **5.30** SPORT Swimming

7.00 Around the World in 60 Minutes

Get your travel sick pills handy – this circumnavigates Earth from an altitude of 200 miles in an hour!

8.00 Top Gear

MUST-SEE **Petrol-headed laughs with the tragically haired trio, tonight seeing Clarkson trying out a new F1-style Lotus. Lucky old him!**

9.00 Space Shuttle: The Last Mission

We feel a bit let down by the Space Shuttle. Surely it could have brought back at least one little green man?

10.00 MotoGP

LIVE The US Grand Prix at Laguna Seca in California. Start-time 10pm.

11.00 Seraphim Falls

FILM Western thriller starring Pierce Brosnan. A lone man finds himself pursued by a posse led by a chap with a burning mission of revenge.

12.45am Santee

FILM Another Western, this time an old one starring Glenn Ford as a bounty hunter who adopts the son of an outlaw he has killed.

2.10-4.05am BBC News

itv 1

5.30am ITV News **6.00** CITV **8.25** May the Best House Win **9.25** Dickinson's Real Deal (R) **10.25** 60 Minute Makeover (R) **11.30** This Morning: Sunday **12.30pm** Dinner Date (R) **1.25** ITV News, Weather **1.30** Survival: Tales from the Wild **2.30** Inspector Morse (R) **4.30** Midsomer Murders (R) **6.30** Regional News, Weather **6.45** News

7.00 The Royal

The hospital falls victim to the credit crunch. Please tell us it shuts down and the series ends. Please!

8.00 Born to Shine

Ruth Langsford learns to play the drums, Dawn Porter's trained to be a blues singer and Tony Audenshaw and Lesley Dunlop take to the dance floor. We'll be taking to the booze if we have to put up with much more of this kind of thing!

9.00 Law & Order: UK

A man obsessed with a call girl is accused of her murder.

10.00 ITV News, Weather

10.15 Ocean's Thirteen

FILM Heist thriller sequel starring George Clooney, Brad Pitt, Matt Damon, Al Pacino and Ellen Barkin.

12.30am The Zone

2.00 SPORT British Superbike Championship Highlights **2.55** SPORT Motorsport UK **3.40-5.30am** ITV Nightscreen

4

6.10am The Hoobs (R) **7.00** SPORT Wakestock Festival **7.25** SPORT Canary Wharf Triathlon **7.55** T4: The Crush **8.20** Friends (R) **8.45** Hollyoaks **11.20** RockCorps **12.45pm** The Simpsons (R) **1.50** Coach Trip (R) **4.25** Help! My House Is Falling Down (R) **5.30** Deal or No Deal **6.25** News **6.55** 4thought.tv

7.00 A Place in the Sun: Home or Away

Wealthy people search for homes in East Sussex and Croatia. Jealous? Us? Oh, OK – just a smidge.

8.00 Holiday Hijack

NEW British tourists experience the hardships of everyday life in the world's most popular luxury holiday destinations, beginning in West African country the Gambia.

9.00 The Lovely Bones

PREMIERE We find the hib bone particularly lovely. Anyway, a teenage girl murdered by a neighbour watches over her family and her killer from the afterlife.

1.40am FILM The Death of Mr Lazarescu: *Romanian drama starring Ion Fiscuteanu.* **4.10** Hill Street Blues (R) **5.00** Wogan's Perfect Recall (R) **5.25-6.10am** Countdown (R)

5

6.00am Milkshake! **10.00** Animal Rescue Squad (R) **10.20** How Do They Do It? (R) **10.55** Police Interceptors (R) **11.55** Danger: Diggers at Work (R) **12.55pm** FILM The Omega Man: *Sci-fi thriller starring Charlton Heston.* **2.45** FILM My Favorite Martian: *Sci-fi comedy based on the '60s TV series, starring Jeff Daniels.* **4.30** FILM The Karate Kid: *Martial arts adventure.*

7.00 Cricket

SPORT Willow-waving with the fourth day of the first Test between England and India at Lord's.

7.55 5 News Weekend

8.00 New Cowboy Builders

A couple are left devastated when the builders they hired downed tools halfway through building their extension. The scallywags. (R)

9.00 Terminator 3: Rise of the Machines

FILM Two cyborgs travel back in time – one to kill the future saviour of the human race, the other to protect him. Top sci-fi sequel, with Arnie.

11.10 The One

FILM A renegade agent traverses scores of universes seeking superhuman strength by killing versions of himself in parallel worlds.

12.50am Inside Hollywood

1.05 Super Casino **4.05** The Family Recipe (R) **4.10-4.35am** Great Artists (R)

sky1

7pm Hawaii Five-0

Like this series? You're in luck tonight then. Here's the pilot episode of the American crime drama remake. (R)(HD)

8.00 Hawaii Five-0

The team investigate the abduction of a cyber-terrorism expert. (R)(HD)

9.00 Hawaii Five-0

A simmering gang war spills over at a football game. Our chaps look into it. (R)(HD)

10.00 Hawaii Five-0

The team go on the trail of a violent prison escapee. (R)(HD)

11.00 Hawaii Five-0

Want more? OK then – a US ambassador's daughter's murdered. (R)(HD)

12.00m't Hawaii Five-0

Completing a clean sweep for the entertaining crime drama, Kono's former surfing mentor's murdered. (R)(HD)



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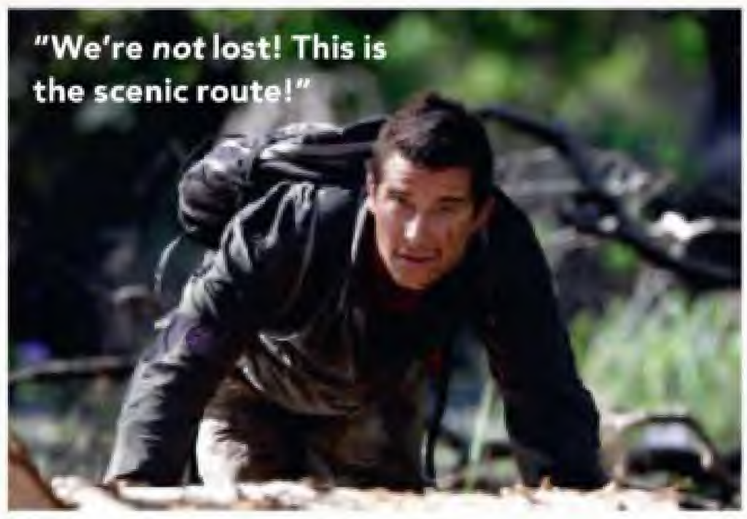
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You don't have to be mad to work here...

Show Me The Funny

REALITY **ITV1, 9pm** The stand-up competition continues, with the remaining hopefuls heading to Catterick to perform for the Scots Guards. They then train together to pad things out a bit! ★★★



"We're *not* lost! This is the scenic route!"

Bear Grylls: Born Survivor

Discovery, 9pm

REALITY Bear's done a lot of nutty stuff, as you can see from this rundown of his toughest moments! ★★★★



The Village People were in need of new members

Sirens

Channel 4, 10pm

COMEDY Paramedic Stuart decides to distract himself from the stresses of trying to save lives by helping to set up his policewoman mate, Maxine. Admit it, Stu, you fancy her yourself! ★★★

6AM

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.40** Doctors **2.10** Only Fools and Horses **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** FILM My Favourite Wife: *Comedy starring Cary Grant and Irene Dunne.* **1pm** SPORT Swimming **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** NEW Auction Party **3.00** Dickinson's Real Deal **4.00** Wild at Heart (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News, Weather

Channel 4

7.00am Freshly Squeezed **7.30** Everybody Loves Raymond (R) **7.55** Frasier (R) **8.25** According to Jim **8.55** Friends (R) **9.55** Three in a Bed (R) **10.55** A Place in the Sun: Home or Away (R) **11.55** Channel 4 Presents (R) **12.05pm** Relocation: Phil Down Under (R) **1.10** River Cottage Bites (R) **1.20** FILM Torpedo Run: *War drama.* **3.10** Countdown **4.00** Deal or No Deal: School's Out **5.00** Come Dine with Me (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** Law & Order (R) **3.15** FILM Web of Desire: *Thriller starring Dina Meyer.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV **6.55** 5 News at 7

Sky 1

7.00pm **The Simpsons**
Maggie goes missing. (R)(HD)

7.30 **The Simpsons**
Principal Skinner is exposed as an imposter. (R)

8.00 **Road Wars**
Spot the difference between this and *Police Interceptors* on Channel 5. We bet you can't. (R)

9.00 **Cop Squad**
Er, OK, spot the differences between this, *Road Wars* and *Police Interceptors* then. (HD)

10.00 **Spartacus: Blood and Sand**
Spartacus finally gets his chance for revenge. (R)(HD)

11.15 **Wall of Fame**
Topical panel show hosted by David Walliams. (R)

11.45 **Brit Cops: Frontline Crime UK**
Another cop show. Someone call the ideas police! (R)(HD)

12.45am **Danny Dyer's Deadliest Men 2: Living Dangerously** (R)

7PM

7.00 **The One Show: Best of Britain**
The programme's best stories, which isn't saying much.

7.30 **Fake Britain**
Dodgy washing powder.

8.00 **EastEnders**
Walford-based wittering.

8.30 **One Born Every 40 Seconds – Panorama**
Problems facing maternity units.

9.00 **New Tricks**
A market trader's death is linked to a series of drug rapes.

10.00 **News, Weather**

10.35 **A Question of Sport**
With Jamie "brother of Andy" Murray and Alistair McGowan, who presumably goes on to do an impression of Andy Murray.

11.05 **The Celebrity Apprentice USA**
A challenge to create and operate a mobile printing station.

11.50 **The Celebrity Apprentice USA**

12.40am **Sign Zone: A History of Celtic Britain**
Stuff about the old days. (R)

7.00 **Victorian Pharmacy**
Re-creating authentic 19th-century remedies. Expect leeches.

7.30 **Wonderstuff**
NEW Jane Moore investigates ingredients used in products. Dull.

8.00 **University Challenge**
A load more geeks are shouted at by Jeremy Paxman.

8.30 **Antiques Master**
Tat-lovers of the world unite.

9.00 **The Life of Muhammad**
The later part of the prophet's life.

10.00 **QI**
With Jo Brand, David Mitchell, Sean Lock and Alan Davies. (R)

10.30 **Newsnight**

11.20 **Torchwood: Miracle Day**
Captain Jack realises he is the most vulnerable man on the planet. (R)

12.15am **The Tudors**
Jane Seymour is made a lady-in-waiting to Anne Boleyn. (R)

7.00 **Emmerdale**
Chas is worried. About Dave?

7.30 **Coronation Street**

8.00 **Countrywise Kitchen**
Paul Heiney and Mike Robinson shovel down more food in remote areas of the country.

8.30 **Coronation Street**
Izzy is held prisoner in her own home by a bonkers Gary.

9.00 Show Me the Funny
MUST-SEE The nine remaining hopefuls perform at Catterick Garrison in North Yorkshire.

10.00 **ITV News, Weather**

10.35 **The Jacket**
FILM A discharged Marine is sent to an asylum, where the brutal treatment has an unexpected effect on his mental state.

12.25am **The Zone**

7.00 **News**

7.55 **4thought.tv**

8.00 **How Murdoch Ran Britain: Dispatches**
Media mogul Rupert Murdoch's business activities.

9.00 **Embarrassing Bodies: Teen Special**
Three doctors are put on rollercoasters to see how much they sweat while under pressure. Or they just wanted a free trip to a funfair.

10.00 Sirens
MUST-SEE The stress of work is proving too much for Stuart.

11.05 **Coming Up: Micah**
Drama about a woman who entrusts her home to one of her sons. Expect a Facebook party any day now.

11.40 **Chris Moyles' Quiz Night**
With Jack Whitehall, Sarah Harding and Vernon Kay. (R)

12.30am **Music on 4: Live from Abbey Road**
With Glasvegas. (R)

7.00 **Cricket**
SPORT Leather-belting fun with the fifth and final day of the first Test between England and India.

8.00 **Police Interceptors**
Cops pursue two known offenders through Sheffield.

9.00 **Swordfish**
FILM The leader of a covert counter-terrorism unit recruits a computer hacker to crack a $10billion code.

11.05 **The Replacement Killers**
FILM A fugitive hitman targeted by his murderous former employers meets a female forger who helps him to evade his fellow assassins. Chow Yun-Fat stars.

12.50am **Inside Hollywood**
Gossipy magazine show, with location reports, news and views from behind the scenes.

1AM

1.40 Animal 24:7 (R) **2.25** Saints and Scroungers (R) **2.55** An Island Parish (R) **3.25-6.00am** BBC News

1.10-3.25am BBC News

2.30 Nightwatch with Steve Scott (R) **3.20** ITV Nightscreen **4.35-5.30am** The Jeremy Kyle Show (R)

1.15 Jon Fratelli **1.25** The Space Shuttle's Last Flight (R) **2.55** 24 Hours in A&E (R) **3.50** Bob's Burgers **4.15** Chat the Celebrity Cat (R) **4.25-5.15am** Hill Street Blues (R)

1.00 SuperCasino **4.05** The Family Recipe (R) **4.10** Law & Order (R) **4.55** Rough Guide to Journeys (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)

MONDAY'S SPORT

10.30am England vs India, **Sky Sports 1. 7.30pm** Dunfermline vs St Mirren, **Sky Sports 1. 7.30pm** Speedway: Coventry Bees vs Poole Pirates, **Sky Sports 2. 12m't** Major League Baseball: Cincinnati Reds vs New York Mets, **ESPN.**

TUESDAY'S SPORT

1.40pm Channel 4 Racing, **Channel 4. 4.30pm** ECB 40 League Cricket: Warwickshire Bears vs Hampshire Royals, **Sky Sports 1. 7.30pm** Greyhound Racing, **Sky Sports 2. 1am** Pre-Season Football: Juventus vs Club America, **ESPN.**

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TUESDAY 26 JULY

NEW ISSUE ON SALE TODAY!

TODAY'S MUST-SEE TV PICKS!



CSI: Miami Channel 5, 9pm

DRAMA Back for a new series, Horatio and co are straight in at the deep end at CSI HQ, where the ginger cop's colleagues have been poisoned. Could it be psychopath Bob Starling? ★★★★



Journey To The Bottom Of The Ocean

DOCU BBC1, 9pm Some CG trickery drains the oceans and Richard Hammond sees what's down there! ★★★★



Falling Skies FX, 9pm

DRAMA A plan's under way to get hold of harnessed kid Ben and his ensnared chums and take them back to the survivors' compound. But can the crew escape the alien Skitters? ★★★★

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses (R) **2.45** Nigel Slater's Simple Suppers (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7.00 **The One Show: Best of Britain**
Topical twaddle.

7.30 **EastEnders**
Misery at the market stall.

8.00 **Holby City**
More from *Casualty*'s equally dull twin. Give it a miss.

9.00 **Richard Hammond's Journey to the Bottom of the Ocean**
MUST-SEE The Hamster discovers what lies below the oceans.

10.00 **News, Weather**

10.35 **Imagine**
Blather about Iraqi art.

11.35 **Travellers**
Donald Stewart is arrested after trying to defend his family.

12.40am **Sign Zone: Coast**
The Devon and Cornwall coastlines. As if we could tell the difference. (R)

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** FILM Second Chorus: *Musical.* **1pm** SPORT Swimming **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

7.00 **Coast**
The team visit Denmark to learn about the concept of "hygge", a feeling of wellbeing almost impossible to translate into any other language. We'll give it a go: is it similar to finding the remote and flicking to Sky1? Thought so. (R)

8.00 **Restoration Home**
A project to renovate another posh pad, this time in Northamptonshire.

9.00 **The Hour**
Bel sees an opportunity to save the struggling show.

10.00 **Twenty Twelve**
Brazilian delegates visit London to chat about the Olympics.

10.30 **Newsnight**

11.20 **This World: Italy's Bloodiest Mafia**
Mark Franchetti investigates the Camorra crime syndicate. (R)

12.20am **Gomorrah**
PREMIERE And now it's a film dramatising five stories of the Camorra crime network, including a bagman and two youngsters looking for easy money.

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show: *Angry people let off steam.* **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News **2.00** Auction Party **3.00** Dickinson's Real Deal **4.00** Wild at Heart (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News, Weather

7.00 **Emmerdale**
Sheep-bleating bobbins.

7.30 **Wildlife Patrol**
Suspected illegal taxidermists are investigated in Lancashire. The sheep on *Emmerdale* better watch out – it's only across the border!

8.00 **Cops with Cameras**
Polaroid-loving plod. Something like that, anyway. (R)

9.00 **Homes from Hell**
British expats whose Spanish homes began to crumble.

10.00 **ITV News, Weather**

10.35 **Celebrity Juice: Coronation Street Special**
With guests Kym Marsh, Shobna Gulati and Andrew Whyment.

11.20 **iTunes Festival Highlights 2011**
Performances by Bruno Mars, Linkin Park and Beady Eye.

12.15am **The Zone**

Channel 4

6.00am The Treacle People (R) **6.10** The Hoobs (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **7.55** Frasier (R) **8.30** According to Jim **8.55** Friends (R) **9.55** Three in a Bed (R) **10.55** A Place in the Sun: Home or Away (R) **12.05pm** The Fairy Jobmother (R) **1.05** The Secret Supper Club (R) **1.40** LIVE Channel 4 Racing **4.00** Deal or No Deal: School's Out **5.00** Come Dine with Me (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 **News**

7.55 **4thought.tv**
The link between faith and music. We can sense a discussion about Cliff Richard coming up…

8.00 **The Sex Education Show**
Kids learn about rumpy-pumpy.

9.00 **Undercover Boss**
The MD of Isuzu Truck UK goes back to the shop floor to kick some ass.

10.00 **Ramsay's Kitchen Nightmares USA**
Gordon Ramsay tries to save a failing Italian restaurant in Boston. Easy – concentrate on the pizza.

11.05 **Alan Carr: Chatty Man**
With Mat Horne, Jason Bateman, Charlie Day and Jason Sudeikis. (R)

12.05am **European Poker Tour**
SPORT Action from the Grand Final in Madrid, featuring the likes of Alex Gomes and Juan Maceiras.

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** Law & Order (R) **3.15** FILM Amber's Story: *Fact-based drama starring Zak Ludwig.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

7.00 **5 News at 7**

7.30 **Mexican Food Made Simple**
Thomasina Miers learns to prepare a spicy summer soup.

8.00 **One Year to Go: Building Stratford**
One of many programmes to rattle on about the Olympics in the coming year, no doubt.

9.00 **CSI: Miami**
MUST-SEE It's a new series. Ace! The team try to link a gas attack to criminal genius Bob Starling.

10.00 **CSI**
A suicide outside a courtroom sheds new light on a murder case. (R)

10.55 **CSI**
The mummified body of a woman is found in a cupboard. (R)

11.55 **Crimes That Shook the World**
The murder of Lucie Blackman in July 2000. (R)

12.55am **Super Casino**

Sky1

7.00pm **The Simpsons**
Homer and Grampa visit Ireland. (R)(HD)

7.30 **The Simpsons**
Bart is horrified at Marge's attempts to make him befriend Ralph Wiggum. (R)

8.00 **Emergency with Angela Griffin**
The actress highlights the work of paramedics. (R)(HD)

9.00 **Meet Joe Black**
FILM Death takes on human form to claim a tycoon's life, but ends up falling for his daughter instead. We've all been there, Death. (R)(HD)

12.25am **Brit Cops: Frontline Crime UK**
The work of officers in London's Metropolitan Police. (R)

1.40 The Country House Revealed (R) **2.40** Fake Britain (R) **3.25** An Island Parish (R) **3.55-6.00am** News

2.30-3.55am BBC News

2.15 Crossing Jordan: *Drama.* **3.05-5.30am** ITV Nightscreen

1.05 SPORT World Touring Cars **1.35** SPORT Beach Volleyball **2.30** SPORT KOTV Boxing Weekly **2.55** SPORT The Grid (R) **3.20-3.50am** SPORT MSA Formula Ford Championship

4.05 The Family Recipe **4.15-4.55am** Law & Order (R)



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McIlroy wouldn't go anywhere without his mates



"I get the seat, because it's *my* van!"



The *Big Brother* relaunch was a bleak affair

Beaver Falls E4, 9pm

COMEDY Welcome to Beaver Falls, an American summer camp where British buddies A-Rab, Barry and Flynn are working as counsellors. Nice new comedy, with likeable characters. ★★★★

Sons Of Anarchy

DRAMA 5USA, 10pm Jaz and the Sons are still trying to find the whereabouts of the kidnapped Abel. Unwilling to sit and wait any longer, they hire a bounty hunter. Wise move. ★★★★★

Panic Room Channel 5, 10pm

FILM Jodie Foster's single mum has reason to panic – three crooks have just broken into her home looking for the safe in her "panic room", where she and her daughter are hiding... ★★★★

BBC One

6am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

7pm

7.00 **Olympics 2012: One Year to Go**
Live report from the countdown ceremony in Trafalgar Square.

7.30 **The Great British Weather**
Rubbish, isn't it?

8.30 **Sherlock**
An ominous symbol appears on walls around London. Ooh! (R)

10.00 **News, Weather**

10.35 **The National Lottery Wednesday Night Draws**
More fortunes are made. Maybe.

10.45 **Not Going Out**
Lee is banished to the sofa when Lucy's father separates from his wife and moves into the flat. (R)

11.15 **Him & Her**
Steve makes an apparently racist comment at a football match.

11.45 **Alien Autopsy**
FILM A video dealer and his pal try to re-create a video of an alien autopsy in their kitchen. Stars cheekie-chappie double act Ant and Dec.

1am

1.20am Sign Zone: Bang Goes the Theory (R) **1.50** Country Tracks (R) **2.45** Engineering Connections (R) **3.35** Royal Upstairs Downstairs (R) **4.05-6.00am** BBC News

BBC Two

6am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** FILM Beautiful But Dangerous: *Comedy starring Jean Simmons and Robert Mitchum.* **1pm** SPORT Swimming **3.00** Weakest Link (R) **3.45** Antiques Road Trip (R) **4.30** Flog It! (R) **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

7.00 **Rick Stein's Spain**
The chef comps his way towards the Mediterranean coast. (R)

8.00 **Top Gear**
A new F1-style Lotus and a pair of electric cars. (R)

9.00 **The Code**
NEW Marcus du Sautoy reveals the hidden numerical code that underpins nature. Sounds complex!

10.00 **Never Mind the Buzzcocks**
Mad music quiz. (R)

10.30 **Newsnight**

11.20 **Botham: The Legend of '81**
A look back at Ian Botham's ball-thwacking career. (R)

12.20am **The Tudors**
Anne Boleyn's failure to have a son has devastating consequences. Can anyone guess what? (R)

1.15-4.05am BBC News

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News, Weather **1.55** Regional News, Weather **2.00** Auction Party **3.00** Dickinson's Real Deal **4.00** Wild at Heart (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News, Weather

7.00 **Emmerdale**
Chas, Paddy and Rhona worry about Aaron's state of mind. We'll be concerned about yours, if you willingly sit through this.

7.30 **The Corrie Years**
And you can give this a miss too!

8.00 **50 Greatest Harry Potter Moments**
Robbie Coltrane narrates a countdown of the spell-casting movie franchise's best scenes.

10.00 **ITV News, Weather**

10.35 **Nature's Fury: Hurricane**
Ever wondered what a windswept loon looks like? Then watch this, as adventurer Chris Terrill seeks out a hurricane. Madness. (R)

11.35 **Homes from Hell**
British expats whose Spanish homes began to crumble. (R)

12.30am **The Zone**

2.30 FILM Pillow Talk: *Romantic comedy starring Rock Hudson.* **4.15-5.30am** ITV Nightscreen

4

7.00am Freshly Squeezed **7.30** Everybody Loves Raymond (R) **7.55** Frasier (R) **8.25** According to Jim **8.55** Friends (R) **9.55** Three in a Bed (R) **10.55** A Place in the Sun: Home or Away (R) **12.00noon** News **12.05pm** The Fairy Jobmother (R) **1.05** The Secret Supper Club (R) **1.35** Stephen Miller 2012 (R) **1.40** LIVE Channel 4 Racing **4.00** Deal or No Deal: School's Out **5.00** Come Dine with Me (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

7.00 **News**

7.55 **4thought.tv**

8.00 **Jo Frost: Extreme Parental Guidance**
A three-year-old who picks at her face. Tell her to stop it! Quick!

9.00 **24 Hours in A&E**
A 33-year-old is treated after swallowing a cocktail of drugs.

10.00 **Murdoch: The Mogul Who Screwed the News**
How Rupert Murdoch drove the expansion of his media empire.

11.05 **The Killing**
Linden and Holder question Rosie's ex-boyfriend Jasper. (R)

12.05am **Channel 4 Presents – Danielle Brown 2012**
A profile of the Paralympic archer. (R)

12.10 **Demetri Martin: Person**
Stand-up show from the top US gag-master, filmed in Texas in 2007.

1.05 Music on 4 **1.20** Album Chart **1.35** FILM Victim **3.15** My Other Wheelchair Is a Porsche (R) **3.30** Embarrassing Bodies (R) **4.25-5.20am** Born to Be Different (R)

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** Law & Order (R) **3.15** FILM Mystery Woman: Mystery Weekend: *Whodunit with Kellie Martin.* **5.00** 5 News at 5, Weather **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

7.00 **5 News at 7**

7.30 **Garden ER**
Pollen-based pants.

8.00 **The Removal Men: Pickfords**
A 345-million-year-old fossil is packed for transportation. Sounds like Prince Philip.

9.00 **NCIS**
A Navy Seal is shot dead while threatening to jump off a roof. (R)

10.00 **Panic Room**
MUST-SEE Corking thriller starring Jodie Foster and Kristen Stewart.

12.20am **Poker**
SPORT Holding and/or folding fun with the Big Game V at Dusk Till Dawn in Nottingham.

1.20 SuperCasino **4.00** The Family Recipe (R) **4.10** Michaela's Wild Challenge (R) **4.35** Michaela's Wild Challenge (R) **5.10** Wildlife SOS (R) **5.35-6.00am** House Doctor (R)

sky1

7.00pm **The Simpsons**
Homer and Bart create a cartoon, and are left stunned when their animation wins a Golden Globe award. (R)(HD)

7.30 **The Simpsons**
Homer becomes a football coach. Ace! (R)

8.00 **The Glee Project**
Not ace. Not ace at all. (HD)

9.00 **Diversity Live: The Diversitoys Tour**
The dance group's preparations for a sold-out show. (R)

10.00 **Brit Cops: Rapid Response**
Police officers on patrol. (R)(HD)

11.00 **Cop Squad**
More of the above. (R)(HD)

12.00m't **The Chicago Code**
Colvin tackles the police department's corrupt promotion system. (R)(HD)

WEDNESDAY'S SPORT

10.30am Aston Villa vs Blackburn, Sky Sports 1. **1pm** Kitchee vs Chelsea, Sky Sports 1. **1.40pm** Channel 4 Racing, Channel 4. **4.30pm** Sussex Sharks v Yorkshire Carnegie, Sky Sports 1. **7.15pm** Women's Football, ESPN.

THURSDAY'S SPORT

10am Golf, Sky Sports 1. **1.40pm** Racing, Channel 4. **2.15pm** Golf, BBC2. **3pm** Golf, Sky Sports 2. **3.30pm** Middlesex Panthers v Derbyshire Falcons, Sky Sports 1. **7.30pm** Rugby League, Sky Sports 2. **12m't** Baseball, ESPN.

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THURSDAY 28 JULY

TODAY'S MUST-SEE TV PICKS!



The Chicago Code

DRAMA Sky1/HD, 9pm Had the entire series been as gripping as these final two episodes, we're sure the show would've survived. Will Gibbons get his comeuppance? Course he will! ★★★★★



The Killing Channel 4, 9pm

DRAMA Who killed Rosie Larson? It's the question on everyone's lips. And tonight's suspect is... Rosie's teacher Bennet Ahmed, linked by a string of coincidences to the dead teen. Has to be him, right? ★★★★★



Shameless US More4, 10pm

DRAMA Not a patch on the Brit original, but this remake is still a worthwhile effort from the Yanks. In this episode, Frank's poor business sense leads to unwelcome consequences... ★★★

6AM

BBC One

6.00am Breakfast **9.15** Heir Hunters (R) **10.00** Homes Under the Hammer (R) **11.00** Cowboy Trap (R) **11.45** Saints and Scroungers **12.15pm** Bargain Hunt (R) **1.00** BBC News, Weather **1.30** Regional News, Weather **1.45** Doctors **2.15** Only Fools and Horses (R) **3.05** CBBC **5.15** Pointless **6.00** BBC News, Weather **6.30** Regional News Programmes, Weather

BBC Two

6.00am CBeebies **7.00** CBBC **8.30** CBeebies **11.35** FILM Affair with a Stranger: *Comedy drama starring Jean Simmons and Victor Mature.* **1pm** SPORT Swimming **2.15** LIVE Golf: The Women's British Open: *The opening day.* **5.15** Escape to the Country (R) **6.00** Eggheads (R) **6.30** Celebrity Eggheads (R)

ITV 1

5.30am ITV News **6.00** Daybreak **8.30** Lorraine **9.25** The Jeremy Kyle Show **10.30** This Morning **12.30pm** Loose Women **1.30** ITV News **1.55** Regional News; Weather **2.00** Auction Party **3.00** Dickinson's Real Deal **4.00** Wild at Heart (R) **5.00** Dinner Date **6.00** Regional News, Weather **6.30** ITV News

Channel 4

6.05am Sali Mali (R) **6.10** The Hoobs (R) **7.00** Freshly Squeezed **7.30** Everybody Loves Raymond (R) **7.55** Frasier (R) **8.25** According to Jim **8.55** Friends (R) **9.55** Three in a Bed (R) **10.55** A Place in the Sun: Home or Away (R) **12.00noon** News **12.05pm** The Fairy Jobmother (R) **1.10** The Secret Supper Club (R) **1.40** LIVE Channel 4 Racing **4.00** Deal or No Deal: School's Out **5.00** Come Dine with Me (R) **6.00** The Simpsons (R) **6.30** Hollyoaks

Channel 5

6.00am Milkshake! **9.15** The Wright Stuff **11.10** The Wright Stuff Extra with Gabby Logan **12.10pm** 5 News Lunchtime **12.15** Ice Road Truckers (R) **1.15** Home and Away **1.45** Neighbours **2.15** Law & Order (R) **3.15** FILM A Soldier's Love Story: *Romantic family film starring Lori Loughlin.* **5.00** 5 News at 5 **5.30** Neighbours (R) **6.00** Home and Away (R) **6.25** OK! TV

sky1

7pm **The Simpsons**
Marge becomes obsessed with peach-based desserts. (R)(HD)

7.30 **The Simpsons**
Lisa uncovers a fossil. (R)

8.00 **Futurama**
Odd couple Fry and Bender try to share an apartment. (R)

8.30 **The Simpsons**
Homer vows to become a better parent. (R)

9.00 The Chicago Code
MUST-SEE An important witness disappears. (HD)

10.00 The Chicago Code
MUST-SEE It's the last episode... ever! No! Gibbons' day in court arrives.

11.00 **Law & Order**
A woman who looks after children with learning difficulties is murdered. (HD)

12.00m't **Brit Cops: Frontline Crime UK**
Cops in West Wales deal with a domestic incident. (R)

7PM

7.00 **The One Show: Best of Britain**
Sofa-based stories.

7.30 **EastEnders**
Pie-and-eel bobbins.

8.00 **Traffic Cops**
Officers are called to deal with a horrific crash on the M1.

9.00 **Torchwood: Miracle Day**
The team go on the run, finding a new enemy along the way. D'oh!

10.00 **News, Weather**

10.35 **Kids Behind Bars**
The lives of three girls at Vinney Green Secure Unit near Bristol. (R)

11.35 **Richard Hammond's Journey to the Bottom of the Ocean**
The *Top Gear* presenter discovers what lies below the oceans. All kinds of critters, we reckon. (R)

12.40am **Sign Zone: One Born Every 40 Seconds - Panorama**
Serious docu. (R)

7.00 **Space Shuttle: The Last Mission**
Nasa's preparations for the last flight of Space Shuttle Atlantis. (R)

8.00 **Rick Stein's Spain**
The chef travels to the land of El Cid and into the La Mancha region as he continues his free holiday.

9.00 **Town with Nicholas Crane**
NEW Cities and things, as explored by the geographer.

10.00 **Have I Got Old News for You**
Jug-eared actor Martin Clunes hosts the quiz, with Grayson Perry and Jimmy Carr guesting. (R)

10.30 **Newsnight**

11.20 **James May on the Moon**
The presenter embarks on a mission to learn about the heroes of the first manned lunar landing. (R)

12.20am **The Tudors**
The king declares his marriage to Anne Boleyn null and void. (R)

7.00 **Emmerdale**
The jury retires to consider its verdict. That sheep's going down!

7.30 **Chemical Cosh for Kids?: Tonight**
The use of drugs to control the behaviour of hyperactive children.

8.00 **Emmerdale**

8.30 **Coronation Street**
More stress on the street.

9.00 **Single-Handed**
Jack investigates a suspicious fire at a housing development.

10.00 **ITV News, Weather**

10.35 **Piers Morgan's Life Stories: Rod Stewart**
The croaky singer talks about his relationships. (R)

11.35 **Odd One In**
With Sarah Millican. (R)

12.20am **The Zone**

7.00 **News**

7.55 **4thought.tv**
Religious ramblings.

8.00 **Help! My House Is Falling Down**
Help! There's hardly anything worth watching on the telly!

9.00 The Killing
MUST-SEE One of Rosie's teachers provides new evidence.

10.00 **8 Out of 10 Cats Uncut**
Extended version of the brilliant, irreverent panel show.

10.50 **Rhod Gilbert and the Award-Winning Mince Pie**
The comedian tells a story about a strange encounter. Hilarious! (R)

11.50 **Channel 4 Presents - David Smith 2012** (R)

11.55 **The Film Show**
Edith Bowman interviews Brian Gleeson about *The Guard.*

12.25am **Music on 4: Lounge on the Farm**
With Graham Coxon.

12.50 **Hollyoaks Music Show** (R)

7.00 **5 News at 7**

7.30 **How Do They Do It?**
A wool factory that processes ten million fleeces every year. (R)

8.00 **Air Crash Investigation**
NEW British Airways Flight 38's crash-landing at Heathrow in January 2008.

9.00 **New Cowboy Builders**
More dodgy builders who left people in the lurch.

10.00 **Candy Bar Girls**
Hot lesbian reality show.

11.00 **Police Interceptors**
Officers encounter a Lamborghini that isn't quite what it seems. (R)

12.00m't **Super Casino**



1AM

1.10 Countryfile (R) **2.10** Fake Britain (R) **2.55** Royal Upstairs Downstairs (R) **3.25-6.00am** News

1.10-3.25am BBC News

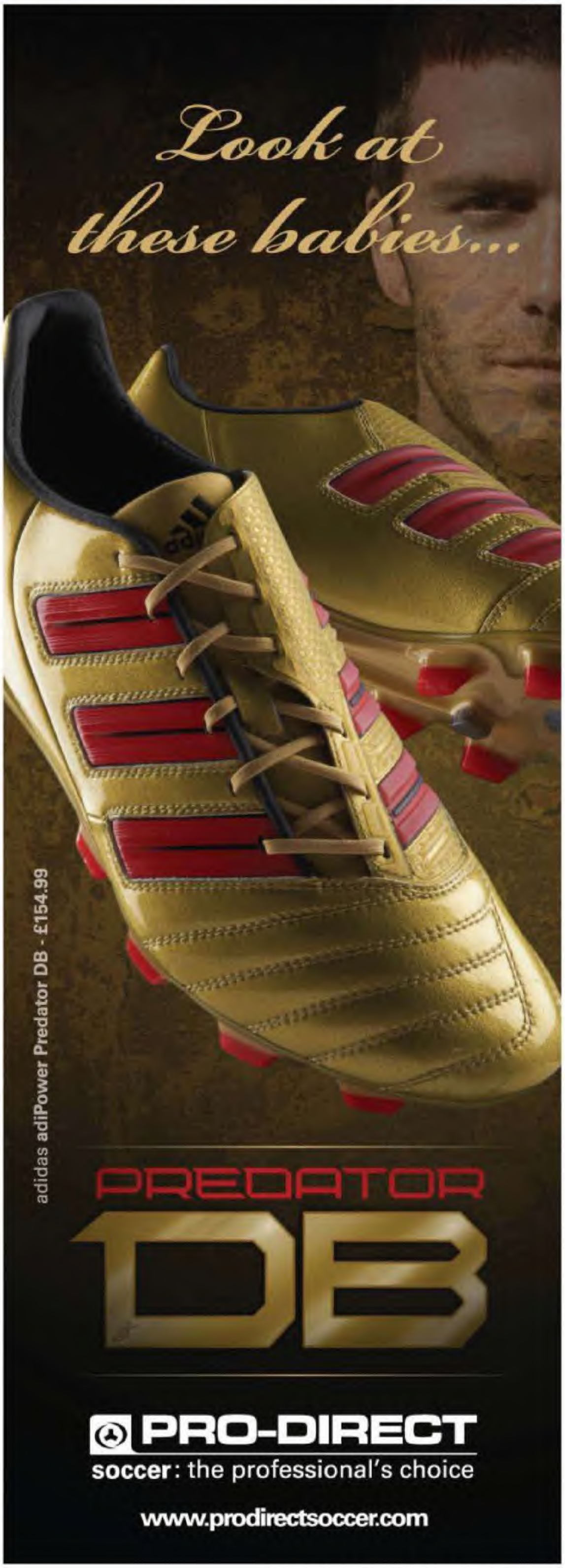
2.20 Chemical Cosh for Kids?: Tonight (R) **2.50** ITV Nightscreen **4.35-5.30am** Jeremy Kyle Show (R)

1.15 Cast Offs (R) **2.10** The Sex Education Show (R) **3.05** Dispatches (R) **4.00** Born to Be Different (R) **4.55** Wogan's Perfect Recall (R) **5.25-6.10am** One Tree Hill (R)

4.00 The Family Recipe (R) **4.10-4.35am** Michaela's Wild Challenge (R)

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Tani. UKanywhere. 43 yrs. Photos. Text TANI to 68889



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YORKSHIRE. Pixie. 18 years old. Fun teen of 18 in Yorkshire area looking for fun times. PHOTOS and more.. Text PIXIE to 68889



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Wales. Divorced Looking for fun. Text - BETSY to 68889

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Sexy fun babe in Birmingham. Looking for fun. Photos and more.

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Ellen. 45. Just Divorced. Looking for fun in Scotland! Photos.

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Black girl, 18 years old. Cute. Fun loving. Up for fun 24/7! Text MISTI to 68889



Leeds. Yorkshire. Indian hot babe wants some fun. Text 24/7. Photos. Text SHANTA to 68889



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Anywhere UK OK. 51. Busty divorcee bar maid looking 4 hook ups. Photos. Text HELENA to 68889

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Tanya. Older woman. Not looking for anything serious. PHOTOS. Text TANYA to 68889

Especially looking for younger guy

Older just divorced curvy busty woman wants to hear from younger guys 18+ Photos and more..Text MARI to 68889



Especially looking for younger guy

Anywhere UK. Travel rep 19 . Looking desperately 4 hook ups. Photos. Text SOPHIE to 68889



Elle. 37. Blond. Fun. Easy going. Single. I love being single, I don't want kids or ties. Only fun. Guys 18-30 text me I have some fantasies too. Ask me! PHOTOS. TEXT:- ELLE to 68889

Joy. Mature experienced woman. Scotland. Divorced. 40DD. Young inexperienced guys welcome. Photos. TEXT:- JOY to 68889

Jean. 60s. Swindon. Getting on a bit but I still love a bit of no strings fun! Shy guys welcome. Photos. TEXT:- JEAN to 68889



MEG. Get my pics and naughty videos. Get in contact 24/7. Text MEG to 68889

Jan. London/UK anywhere. 42. Dark blond fun divorcee likes a drink & fun. Younger guys please. TEXT:- JAN to 68889

Giulia. 63. If you love women still in their prime in their 60s, then I'm your fantasy woman!! Blond. Slim. Toned. Nice figure and boobs. Gorgeous - that's me! I like wearing nice underwear & things. I'm still hot and sexy - So guys of any age text me Now! Anytime I'm up for fun! Text me 24/7!! PHOTOS. TEXT:- GIULIA to 68889

Anywhere UK. (46 yrs) Experienced Desperate BIG BBW woman needs fun now. Text/contact 24/7 guys! Looking 4 fun hook ups. Younger men welcome Text JESSE to 68889

Annalise. 43. Newcastle. I am just divorced, hot and naughty! Younger guys especially wanted. TEXT:- ANNALISE to 68889

Bella. Just 19. Looking for new experiences, especially with guy same sort of age. Blond. HOT Midlands. REALLY HOT. Photos. TEXT:- BELLA to 68889

Kyli. 20 years old. Get my HOT pixs and videos. Text KYLI to 68889



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Nat, Midlands (19)



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Jule, UK (40)



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Tara, UK (47)



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Nuts PUB AMMO

The truth is out there – and on this page as well!



The *Kama Sutra*, which supposedly contains every sexual position, isn't just about sex – it also contains advice about diet and dressing well.

Hexakosioihexekontahexaphobia is the fear of the number 666.

People don't swallow spiders in their sleep – to do so would require a set of circumstances scientists consider impossible.



Eminem's ultra-profane "Slim Shady" persona was invented after his first attempt at an album, 1996's near expletive-free *Infinite*, flopped.

Baywatch is the most watched TV show in the world with over 1.1 billion viewers.



Sicily is the shark attack blackspot of European waters – in the 20th century, 26 of the 66 reported "interactions" with sharks in Europe happened in the Sicily region.

All of the prawn-like aliens in hit sci-fi thriller *District 9* were voiced by Jason Cope.



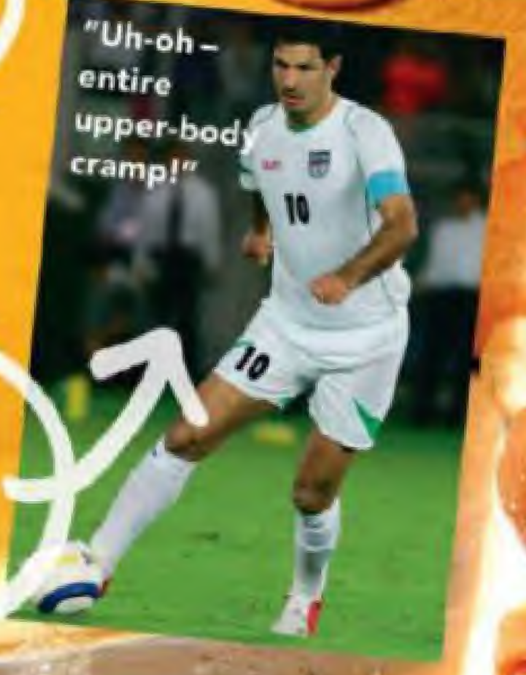
The male blanket octopus is 40,000 times lighter than the female.

In December 1996, celery was declared an offensive weapon at Gillingham FC's ground.



In 1944, then world heavyweight boxing champ Joe Louis signed for Liverpool FC as a publicity stunt.

The all-time highest goalscorer in international football, Iran's Ali Daei, scored more than twice as many goals (109 in 149 games) as any current international.



PUB AMMO ON... ZAB JUDAH



- In 2001, boxer Zab Judah was fined $75,000 and suspended for six months for attacking the ref after losing to Kostya Tszyu.
- The Tszyu bout was his first defeat as a pro.
- Judah lost only five of his 115 amateur bouts.
- Judah's bout against Amir Khan will be his second against a British boxer – he beat Junior Witter in 2000.
- Amir Khan defends his WBA light-welterweight title against Zab Judah in Las Vegas on Saturday 23 July. See it pay-per-view on Primetime.

WORDS: PETE CAHSMORE PHOTOS: GEALAMY, GETTY IMAGES, PA PHOTOS

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